



# TOP TIPS!



## Top Tips for Building Positive Relationships (Children)

**Communication - Effective communication gives children the skills they need to build healthy relationships of their own.**

Make time for one to one chats together, this helps children to feel valued and respected. Bedtime is a great opportunity for to reflect on the day together.

**Non-Verbal Communication / Affection - Remember that not all communication happens through words.**

Pay attention to the feelings that children may express non-verbally that they may not want to talk about but look for other methods of communication/affection. It is also important to be aware your own non-verbal communication towards your child, for example, eye contact, body language, and tone of voice.

**Support - Praise and encouragement.**

Children thrive on praise, reassurance and encouragement. Dive into your child's interests and share their experiences with them. If you have a child who has an interest in a particular sport have a family day out where you all go along to support and watch the child take part in their interested event.

**Quality family Time - Spending time together is important and helps children feel secure and loved.**

Do regular fun activities together that all the family can enjoy. This can be as simple as a family board game night, movie night or an adventure outdoors.

**Be a Teamwork - Teamwork is a key skill in relationship building, children enjoy being able to contribute.**

Include children in family decisions such as household chores, activities, rules and future plans, by introducing family meetings/get-togethers this can be a good way to ensure children's opinions and decision are valued and that they feel involved.

**Our children's views on positive relationship building.**

*"I think it's a good idea to have chat sessions to tell someone we know about our feelings; I love chatting"*

*"I'm going to teach my mum at home"* - allowing children to teach you skills they have learned is a great way to build positive relationships and enjoy each other's interests.

***Building positive relationships is important for our own sense of wellbeing. A secure attachment encourages trust, communication and sharing of feelings and emotions.***