

5

ways to help CHILDREN build POSITIVE RELATIONSHIPS

Big Life Journal

1 MODEL RESPECT

Start by asking your children,

“What does respect mean to you?”



Point out the ways you work to show them respect by listening, caring about their feelings, and staying calm when you're upset.

3 DISAGREE RESPECTFULLY

Teach children how to **assert themselves respectfully** during conflict. In tricky moments, kids can learn to disagree in ways that even strengthen the relationship.

- **Allow children** to see parental disagreements and their resolution
- Model **peaceful communication** during real-life struggles
- Create a **menu of choices** for disagreements such as using an 'I' Message, walking away, compromising or asking an adult for help
- **Ask your child:** “Do you want to be right or do you want to be friends?” or “What’s most important to you in this situation?”



Remind your children
both people in an
argument can be correct
—they just have differing
viewpoints.



4 EMBRACE DIVERSITY

Embracing differences can be a challenge, but teaching children to **treat everyone** with respect will serve them well in life.

- Teaching kids to **treat everyone** with respect will serve them well in life
- Remember a **“strengths-based”** perspective when discussing those who are different from your child



5 TEACH EMPATHY

Empathy is a **key ingredient** in positive relationships—it deepens sensitivity and attachment to others.

- **Identify** their emotions and point out your own
- Hold family meetings to **discuss conflicts**, and encourage each member to take the other’s perspective
- Write notes of **gratitude**

