What healthy habits support healthy relationships?

From birth, children connect with others and form relationships. By watching adults in their lives, children learn about trust, communication, and healthy relationships. Your child learns about healthy relationships when given care, support, and help.

There are many ways that you can help build connections with your child and nurture a healthy relationship with them. Some examples are given below.

- Engage in uninterrupted, free time with your child each day
- Encourage your child to express feelings in age-appropriate ways and to recognize other people's feelings
- Create opportunities for your child to practice sharing, taking turns, and resolving conflict

How does your child respond when you practice healthy relationship habits?

Knowing how to respond to other people's feelings helps children build healthy relationships. By watching the adults in their lives for examples, children will behave in similar ways.

healthy HABITS

Fill in the space below with examples of how you want to respond to your child when they are experiencing certain feelings.

Child's Feeling	Parent's Response
Happiness	
Sadness	
Fear	
Anger	
Other _____	

"Your child needs not only your attention but also a relationship with you."

Kenny Leman

Community Action Program for Children (CAPC) Saskatchewan

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RESOURCE 5-913
02/2022