



# Helping Your Child Build Healthy Relationships



Healthy relationships and supportive networks contribute to your child's overall well-being, and allow them to experience a sense of community and belonging.



## ✓ Things You Can Do



### Expose your child to a range of social situations.

- For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school camps).
- For older children, encourage them to make friends with peers who have similar interests.



### Encourage your child to strengthen existing relationships.

- Foster healthy relationships with supportive extended family members.
- Encourage your child to stay in touch with their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).

## ○ Things You Can Say

- 1 Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.

When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?

- 2 Older children are often figuring out the balance between being themselves and fitting in with others. Stay connected with your child and let them know that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.

If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.

- 3 Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.

How has this affected you or your friend?

What are your expectations of a good friend?

How can you make things better?