

Talking Matters

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Helping your child to reach their potential



Building healthy family relationships

There are different types of families and people may be related in different ways however families share emotional bonds, and support each other. When there are children in the family the adults are involved in the care of the children. Relationships within families effect the well-being of all members and influence the way the children will manage their own relationships later in life. Relationships influence how people deal with stress, manage conflict and solve problems.



Healthy relationships mean that:

- All members feel safe and connected to each other
- Members feel supported and trust each other
- Members share positive times and support each other at difficult times

When children grow up with healthy family relationships they:

- Learn how to deal with conflict appropriately
- Have a model of how to build effective relationships in their own adult life
- Learn and develop in a warm, trusting environment
- Learn how to interact with others in a positive way

Building positive relationships can be hard work. There are always times of conflict, misunderstanding and hurt. People have different values and beliefs, learned from their own family background. There are things that families can do to help build strong positive relationships within their family such as:

- Showing affection
- Talking together, sharing experiences and having fun together
- Spending time all together as a family
- Spending some time each day with each child
- Have family routines and rituals such as eating together, sharing a bedtime story or a walk
- Sharing the planning for family events
- Giving younger children choices so they share in the planning
- Sharing and teaching problem solving skills
- Telling people what you like about them
- Listen to each other, try to understand and respect each other's feelings
- Model and explain how to treat each other appropriately
- Accept and respect that individuals have different likes, dislikes and preferences
- Get support if needed from family, friends or a professional.

