

# 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.

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- 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**

