

Children Need Healthy Relationships



Children and teens need close relationships with caring adults so they can be healthy, happy and successful. Respect and caring expressed to children models for them the skills they need to develop other relationships as well as encouraging their self-esteem. Relationships with parents are important and children also need other people in their lives such as teachers, friends and siblings who challenge them and provide support.

The *Search Institute* outlines some actions that are important for helping children to develop self-worth and skills needed to experience healthy relationships with others.

☺ **Caring** is expressed by showing positive attention to your child, express your love, show interest in them, spend time with them and be someone they can trust.

☺ **Challenge growth** by helping your child to make plans for the future and set goals, have expectations for your child, recognize your child's abilities and hold your child responsible to keeping rules and boundaries.

☺ **Provide support** by encouraging and praising your child's efforts, provide guidance and assistance, and model how you want your child to act and set an example and stand up for your child when necessary.

☺ **Share power** by respecting your child, take your child seriously, ask for your child's opinion and listen to them, respond to your child and their needs and interests, and work with your child to solve problems that they may face and help them to reach their goals.



☺ **Expand possibilities** for your child by showing them new ideas, experiences and places, connect them with other people who can help them, help your child work through things that keep them from reaching their goals.

Respectful Relations, Kids Helpline

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/respectful-relationships.php#sthash.Q8ftl6xv.dpuf>

The Search Institute, Developmental Relationships

<http://www.search-institute.org/what-we-study/developmental-relationships>