

BUILDING STRONGER RELATIONSHIPS FOR CHILDREN AND FAMILIES

CONNECTING POSITIVELY WITH OTHERS AND FOSTERING A
SENSE OF BELONGING



Why Building Relationships Matters

Relationships are the foundation of a child's wellbeing. It's an important life skill to learn and improve. Feeling connected with others helps children feel safe, seen, and supported.

- ✓ A stronger sense of belonging
- ✓ Develop a fuller sense of identity
- ✓ Encourage positive emotions of self-worth
- ✓ Encourage empathy and cooperation

What Creates Stronger Relationships

There are lots of ways to build positive relationships with others. Small, consistent moments of connection help children learn important human skills.

Every Day Tips For Relationship Skills



At Home

- 👍 Schedule family and "All Screens Off!" time
- 👍 Model healthy relationships, such as:
 - * Apologising and repairing
 - * Active listening "What I'm hearing is ..."
 - * Communicate and name feelings
- 👍 Model healthy relationships
- 👍 Celebrate connection "Great teamwork!"



At School & Weldon OOSH

- 👍 Make an effort to include others in activities
- 👍 Celebrate others being a great friend
- 👍 Respect when others say no
- 👍 Remember and recall someone's favourites
- 👍 Help others who may need some support