

Relationships with Others



Positive relationships help children feel good about themselves and build a foundation for future social and emotional well-being.

- ♥ When I feel connected to the important adults in my life, I understand how others feel, solve problems, and get along with friends and family.
- ♥ When I feel comfortable, capable, and confident, I can be a friend and have a friend.

Activity: Our Family Tree

Along with your child/children, reflect upon what traits and values are important in your family (I.e. honesty, respect, sharing, caring, etc).

Use the attached handout (Our Family Tree) to print words or symbols on each leaf representing these important things. You may wish to record important traditions or activities that strengthen the family relationship (I.e. mealtimes, travel, movies nights, picnics, etc).

Take time to brainstorm the different ways you can help your child understand the role of these traits and values in building successful relationships within your family.

Your family tree may be kept in a place that is always visible to remind family members of all the important characteristics that represent your family bond. It may also be a great reference tool in challenging moments or times of disagreement.



Adapted from *Handle with Care – Promoting the Mental Health in Young Children*



Our Family Tree

