

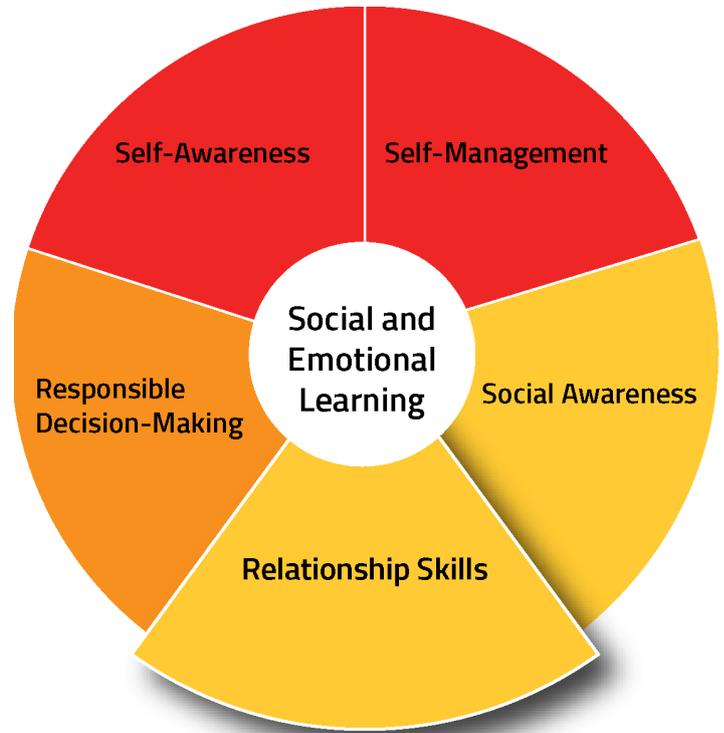
FAMILY CONNECTIONS

Empowering Families with Social and Emotional Learning Tools

Building Relationship Skills Through Connection

What are Relationship Skills?

Relationship skills are what allows students to establish and maintain healthy and rewarding relationships with diverse individuals and groups. Through the development of these relationships, students are also better able to cooperate with others, negotiate conflict, and seek help when needed (Collaborative for Academic, Social, and Emotional Learning).



Building Connection

Families can strengthen their own relationship skills by building meaningful **connection** with their children. Research shows that all children need at least one meaningful relationship with an adult in order to be successful. Families can build connection with each other, neighbors, friends, and members of the community by:

- smiling and making eye contact
- using the person's name
- keeping things positive
- showing that you have been listening

Strengthening Parent-Child Relationships

- Treat every interaction as an opportunity to connect with your child through warm, loving interactions
- Children crave structure, so have clear boundaries, rules, and consequences
- Acknowledge your child's feelings, show them you understand, and reassure that you are there to help them whenever they have problems

Strengthen Relationships

Simple and Easy Ways to Strengthen Relationships:

- Be present in conversations
- Be kind and empathetic
- Recognize the needs of others
- Control your tone of voice
- Keep an open mind
- Learn to trust more
- Accept and celebrate differences
- Approach conflict as an opportunity to problem-solve



Try this Relationship Skills Activity at Home!



Kindness Tree

Another way to build **relationship skills** is to practice recognizing and acknowledging acts of kindness. When we are more aware of the kindness of others, we can better communicate, interact, and build relationships. Give this "Kindness Tree" activity a try at home to practice building relationship skills!

- You can create your kindness tree by either drawing it or by using an actual small tree, house plant, or even a collection of small branches in a vase.
- Next, as you or your child notices acts of kindness, create a paper link or small paper ornament to hang on the tree.
- Once the kindness tree is filled, have a special kindness celebration!

Resources

Social and emotional skills help children become successful at home, at school, and in the community. Friendship is one important aspect of this. The article linked below contains some great information on how kids can build their relationship skills through making friends.

Article: Making Friends



Contact

Interested in learning more about how to bring SEL to your child's school? Contact us at:
<http://myframeworks.org/contact-us/>

