

## MAKING CONNECTIONS & SUPPORTING YOUR CHILDREN

**Building your relationships and connections with your children** is key to helping them **feel loved, safe** and **secure**. Feeling genuine connection also has many **positive impacts on our mental health**, some benefits include:



HELP DECREASE CHANCES OF ANXIETY & DEPRESSION

GIVES US PURPOSE

HELPS DEVELOP GREATER EMPATHY

SENSE OF BELONGING

FEELING SUPPORTED

BUILDS TEAMWORK AND COOPERATION

ENHANCED HAPPINESS

INCREASES SELF ESTEEM

Organise a **family games night**.

**Really listen** and be there, **without judgement** – look at them when they are talking to you.

Talk about what **went well in their day** and what they are **looking forward to** the next day.

WAYS TO BUILD FAMILY CONNECTIONS

Plan a family outing or one on one date with your child/ren – **keep in mind their interests**.

Schedule **family time** – this could be having dinner together at the table.

For more information on how to **build meaningful connections and support your children** click on the links below.



TRP's **Lael Stone** talks about Connected Parenting

[READ ARTICLE](#)



Teenagers talking about relationships with parents from **raisingchildren.net.au**

[WATCH VIDEO](#)



**raisingchildren.net.au** talks about building positive relationships for parents and children.

[READ ARTICLE](#)