



BUILDING HEALTHY FAMILIES

THE PARENT TOOLBOX

Volume 11 Issue 2



Social connection can lead to longer life, better health and well-being.



HEALTHY CONNECTIONS



Building Social Connections

- Reflect on the important people in your life—family, friends, and others who matter to you. If life's demands have caused you to drift apart from someone, consider reaching out.
- Make it a habit to stay connected with someone from your support network. Regular communication helps maintain strong, healthy bonds.
- Do not hesitate to offer a helping hand or ask for one. Giving and receiving support strengthens trust and deepens social connections.
- Learn something new with others. Exploring a new hobby is a great way to connect with like-minded people.
- Engage in structured physical activities like yoga or group fitness classes. These activities benefit your health while introducing you to others with similar interests.



Tips for Maintaining Healthy Relationships

- Share your feelings honestly and ask for what you need from others.
- Be caring and empathetic by listening to others without judgement or blame.
- Disagree with others respectfully and avoid being overly critical, so that conflicts do not turn into personal attacks.
- Avoid angry outbursts and violent behavior to maintain respect and model healthy communication.
- Expect others to treat you with respect and honesty, and protect yourself from violence and abuse.
- Compromise by reaching agreements that work for everyone.
- Set intentional boundaries with others by deciding what you are and are not willing to do. It is okay to say no.



building healthy families

An Affiliate of Healthy Families America™

4 Steps to Resolve Conflict

1. Identify the Problem

- First, consider how the conflict began.

2. Commit to Resolving the Problem

- Open a dialogue about the source of conflict with a neutral moderator present.

3. Work Together to Find the Solution

- Brainstorm potential solutions with a neutral moderator. Together, create a plan to prevent similar conflicts from arising in the future.

4. Commit to Accepting the Resolution

- Even if it is not the outcome you hoped for, be open to compromise and accept the agreed upon resolution.

Dad's Corner:

Emerging research has proven it: Men's bodies are built to parent, and involved fathers bring benefits to almost every aspect of their children's lives.

BONUS: the payoff is great for Dads too!



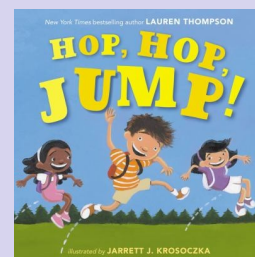
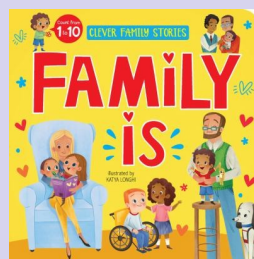
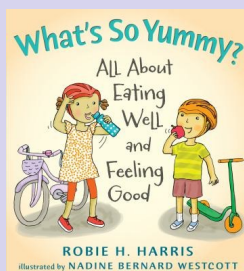
Tips for Healthy Connection with Kids



- Catch kids showing good behavior, and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward.
- Rather than criticizing, help them improve skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids.
- Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for yourself for mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys.
- Attend your child's events, games, activities, and performances. Help out if you can.



Bond Over Books Have you Read These?



Submitted by Family Resource & Support Specialist, Heather Cotten