



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.



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!



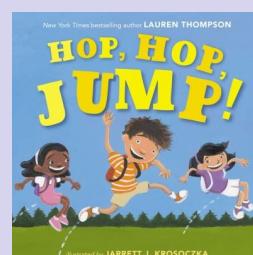
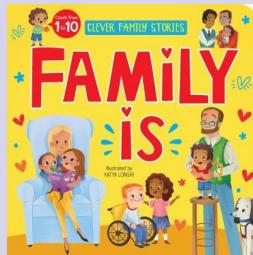
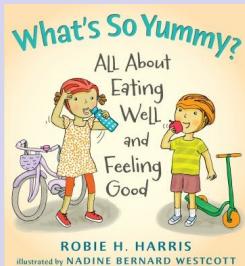
Tips for Healthy Connection with Kids



- 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