

Top tips for Parents on:

Relationships

The relationships that we have with our parents is the corner stone of all the relationships we have through life.

However It is difficult for parents to always be 'in tune' with their children, especially at times of stress and extra pressures.

Here are some Top Tips for strengthening our relationships.



There are three things you can do to build any relationship:

- 1). Spend time together – even small amounts of time together is a good place to start
- 2). Talk about what interests the person you're trying to build the relationship with – (even if this is a bit boring for you, or you are worried what they will talk about, try and stay calm, interested)
- 3). Show positive body language – smiles, hugs, eye contact



Other things to think about when changing relationships:

- **Do a 'Check In'**
 - By asking 'how are you ' and or 'how are you feeling' allows each family member the opportunity to express feelings, and help each other understand what we are feeling that day. It is good to voice your feelings and to allow your family to support you (a problem shared is a problem halved).
- **Play the 'Glad for Game'**
 - For younger children playing the "Glad game" may be a way to use positive language, e.g. everyone takes in turns saying "I'm glad that or I am glad for.." - everyone finishes their own sentence.
- **Connect Online**
 - It is good to remain connected to family and friends who are not in your household. Consider what social media tools you can access that are free (and safe) to download and use, e.g. skype, video calls etc.
 - **Video calling** – learn how to use video calling to connect with family and friends www.learnmyway.com/courses/video-calling
 - **Staying safe online** – if you have any concerns regarding your child online have a look at. PACE - parents against child exploitation, this has lots of information on what to look out for. www.paceuk.info



- **Help each other**

- Sometimes we may feel that the jobs are all parents' responsibility. At this time of us all being in the home, think about what you could do to get everyone involved to help make jobs easier, or more fun, and how even younger children can help out with the smaller chores. (If you don't teach them how to do chores, who will they learn how to do this from?)

- **Taking time out for yourself**

- In the garden/meditate/bubble bath/listening to your favourite music/ do some drawing/cooking/write in your notebook/call your favourite person for a chat. (You could also look at our tip sheet on "Emotions and having fun" for other ideas)

- **Problem solve things together**

- If any older children / teenagers have a problem, try and problem solve it together.
- Create some space where you will not be interrupted.
- Listen to what they have to say.
- Don't rush in and offer the solution if there is an issue.
- Ask them questions that will allow you to gather more information
- Focus on helping them create their own solutions.



- **Decide things as a family**

- Have time together in a 'family meeting' to decide even on small things – like what to have for tea, or a schedule for the week.
- You may need to make sure everyone has his or her turn to talk/share.
- Remember you have the final say as a parent but if we don't teach children to negotiate and problem solve, they will struggle to learn these skills when they are adults.
- Communicating and negotiating well is the key to building strong relationships.

Other useful links:

- **Walsall online parenting offer:** www.mywalsall.org/walsallearlyhelp/online-parenting/
- **Relate online support:** www.relate.org.uk/relationship-help/help-family-life-and-parenting/family-common-problems
- **For more information on our interactive sessions or groups please contact the early help hub on 0300 555 2866 opt 1**

