

KINDNESS AND RESPECT

November, 2026

HELPING CHILDREN BUILD POSITIVE RELATIONSHIPS

Healthy relationships help children feel safe, valued, and connected. As a parent or caregiver, you are your child's first teacher and role model for healthy relationships.

WHAT CAN I DO?

Teach Relationship Skills

- Talk about their feelings.
- Understand how others feel.
- Communicate respectfully.
- Work together with others.
- Solve problems peacefully.

Connect Every Day

- Spend time together.
- Listen without judgment.
- Show your child that their feelings matter.

HELPING YOUR CHILD HANDLE CONFLICT

Conflict is a normal part of friendships and family life. You can help by:

- Naming feelings first
- Talking about what happened
- Brainstorming solutions together
- Using "I" statements (e.g., "I felt hurt when...")
- Practising conversations through role play

WATCH FOR UNHEALTHY RELATIONSHIPS

Talk with your child about behaviours that are not okay:

- Bullying
- Harassment
- Discrimination
- Repeated unkind behaviour

If concerns arise at school, connect with school staff for support.

Looking to Learn More?

SMH-ON Helping Your Child Build Positive Relationships and Manage Conflict

REMEMBER - STRONG RELATIONSHIPS START WITH CONNECTION.

When children feel heard, supported, and cared for, they are better able to build positive friendships and handle challenges with confidence.