

# Healthy Relationships



## Importance of Healthy Relationships:

1. It helps children's sound, emotional, and intellectual development, which is brought about by love and security showered on them by the family.
2. It helps to resolve children's behavioral and psychological growth, such as learning, eating, and sleeping.
3. Resolving and overcoming conflict becomes more comfortable due to the natural bond developed within the family.
4. It helps to enhance the sense of responsibility in children by teaching them the value of fulfilling duties, obligations, and upholding commitments.

## How to Improve Communication between Family Members:

1. Express yourself in simple terms that are easy to understand and make things clear.
2. Emphasize trust to clear doubt in all circumstances.
3. Honest and open communication is paramount as it helps the members to have a common goal and seek solutions in all situations.
4. Be genuine to maintain trust and make a healthy relationship.
5. Listen actively to ensure that each member feels understood and listened to.



## Habits that Form Healthy Family Relationships:

1. **Sharing Meals:** spend time catching up.
2. **Exchange Stories:** one on one chats with each family member can strengthen family relationships.
3. **Regular Fun Activities:** for example, a family soccer game, picnic, or nature walk.
4. **Make Decisions Together:** knowing each other's opinions creates feelings of self-worth and belonging
5. **Set Aside Time with Your Partner:** explain to your children that you need quality time with each other.

## Tips to Encourage Teamwork and Commitment to the Family:

1. Work together to come up with solutions pertaining to family issues. Find practical solutions within the family members. Think calmly, work towards compromises, and respect other members' opinions.
2. Allow children to make their own decisions. It depends on their ability, maturity, and boundaries.
3. Make family rules that govern how you live with each other. It helps every one to get along better.
4. Include children in decision making about things like family fun activities and rules that govern the family.

## Tips for Co-Parenting Relationships

1. Put hurt and anger aside: work together to come up with solutions pertaining to family issues
2. Improve communication with your co-parent: think about communication with your ex as having the highest purpose—your child's well-being. Listen, show restraint, make requests, and keep conversations kid focused.
3. Co-parent as a team: Shoot for consistency, geniality, and teamwork. Keep **rules, discipline and schedules** as consistent as possible between households.
4. Make transitions and visitation easier: Help your children anticipate change, pack in advance, drop off when possible instead of picking up. When your child returns keep things low-key, allow them space, and establish a special routine for when they come back.

## Resolving Co-Parenting Disagreements

1. Respect can go a long way: Being considerate and respectful includes letting your ex know about school events, being as flexible as possible, and taking their opinions seriously.
2. Keep talking: If you disagree about something important you need to keep communicating. Never discuss your differences of opinion in front of your child. If needed, talk to a third party (mediator or therapist).
3. Don't sweat the small stuff: If you disagree about important issues keep the discussion going, but if you want your child in bed by 7:30 and your ex says 8:00, let it go and save your energy for bigger issues.
4. Compromise: Your ex will need to come around to your point of view as often as you come around to theirs. It may not be your first choice but it allows you both to "win" and makes both of you more likely to be flexible in the future.