

# Relating to others

Our goal as parents is to prepare our children for adulthood. Helping them to grow in independence, responsibility and confidence is a big part of our role.

One aspect of this is helping our children to get on with others. Making friends is important for children. For some it comes naturally, but for others it is more difficult.

We can start this at home by working hard to encourage good relationships between brothers and sisters. One of our family's house rules or expectations could include everyone getting on and treating each other as they would like to be treated, talking considerately to each other, and caring for each other.

## Helping your child have good relationships

Here's a few basic principles to teach them:

- Say "hello" when you meet someone and look them in the face
- Take turns and share
- Say "please" and "thank you"
- Say "sorry" or "excuse me" when you knock into someone or do something that upsets someone
- Ask if you can join in a game, not just barge in, fight, grab things or take over
- Don't boss people around
- Don't make personal remarks like "That woman is really big"

Model the above so your children learn from your example.



# Family traditions

**Traditions are a valuable way to create strong, lasting memories and to create a connected family.**

If you ask adults what positive memories they have of their childhood, the reply often starts with “We used to ...” or “We always ...”

Family traditions are repeating events or things that we do. They don't have to be set in stone and never changed, but can be for a period of time or a season.

These traditions can often occur on special occasions like Christmas, birthdays or holidays.

**Traditions create a sense of belonging and connectedness, forging strong bonds.**

