

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

A FAMILY RELATIONSHIP CHECKLIST

DAUPHIN COUNTY MH/A/DP
JULY 2021 MENTAL HEALTH TIDBIT

Every family has strengths, just as every family has challenges. Though many things can help make a family strong, relationships are the foundation of family strengths. They bind us together and help every member of the family grow and thrive. They are particularly important to helping children grow up successfully. Research has identified five relationship strategies that help us learn and grow. All shapes and sizes of families in all kinds of circumstances have and can enhance relationships with these five strategies. Check them out below, along with some actions for each strategy.

Express Care

- “ We trust each other.
- “ We really pay attention to each other.
- “ We make each other feel known and valued.
- “ We show each other that we enjoy being together.
- “ We praise each other for our efforts and achievements.

Share Power

- “ We take each other seriously and treat each other fairly
- “ We involve each other in decisions that affect each person.
- “ We work together to solve problems and goals.
- “ We give each other chances to make decisions and take the lead.

Challenge Growth

- “ We expect each other to live up to our potential.
- “ We push each other to go further.
- “ We insist that we each take responsibility for our own actions.
- “ We help each other learn from mistakes and setbacks.

Provide Support

- “ We guide each other through hard situations and systems.
- “ We help each other be strong, confident and take charge of life.
- “ We defend each other when we need it.
- “ We set limits that keep each other on track and moving forward.

Expand Possibilities

- “ We inspire each other to be hopeful for the future.
- “ We introduce each other to people who can help us grow.
- “ We expose each other to new ideas, experiences, and places.

Check out <https://keepconnected.searchinstitute.org/> an online resource to help families strengthen relationships through shared activities. Take a quiz about your family for each strategy above, learn about the strategy and explore ways to talk about it with your children. <https://blog.search-institute.org/20-actions-strengthen-family-relationships-infographic>