



15 tips for building connection with your children

By Dr Andrew Wicking

1. Ensure family life provides high levels of love, care and support;
2. Establish a climate where your child experiences warm, positive communication with you;
3. Always be supportive, thereby encouraging your child to seek advice from you;
4. Foster other adult relationships: from other family members, friends and neighbours;
5. Talk about how other adults care for young people when you see or read of examples;
6. Be involved in their schooling: talk about what they are learning, help-out at school events;
7. Model good manners and dignity by saying Hello! Thankyou! Excuse me! Could you please...?
8. Be available to listen sympathetically to your child's concerns;
9. Express love, care, support and approval often;
10. Talk about their hobbies, interests, out of school interests and friends;
11. Show interest in your child's homework: work together developing study skills;
12. Foster conversations about a range of topics with adults from the wider community;
13. Create opportunities for service learning where you work together in the wider community;
14. Introduce your child to 'Local Heroes' in your local community who have shown they are resilient;
15. Plan fun activities and games and do them together.

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