



10 Ways to Promote Healthy Parent-Child Relationships

1. Attend Sunday Mass as a family.
2. Establish a daily routine so your child knows what to expect.
3. “Catch” your children being good. Praise them often.
4. Role play emotions with your child – what do you do when you’re happy, sad, frustrated?
5. Teach your children to resolve conflicts peacefully.
6. Explore the world from your child’s point of view.
7. Have a family game night!
8. Arts and Crafts! Make something with your child.
9. Volunteer at your child’s school.
10. Hold, cuddle and hug your children often!