

# Parenting and healthy family relationships



## TIP SHEET

Close family relationships influence us across our life span and play a crucial role in our growth and development by teaching us about the fundamental ways our connections to others can enrich our lives and wellbeing, and guide us to make good choices.

The relationship between a parent and child is usually a child's first experience of relationships, so for this reason, parents are in the unique position to demonstrate what a healthy relationship is.

Healthy family relationships have their ups and downs with moments that are supportive and moments that can feel disappointing and hurtful.

Close family relationships are a great place to learn how to accept people's differences, manage your emotions and practice negotiation and conflict resolution skills.

## ! Parenting tips

- Build a secure relationship through consistency, comfort, care and play.
- Help your children to recognise and manage their emotions.
- Make sure your children feel accepted, loved, approved of, and appreciated.
- Establish clear expectations and limits on behaviours as well as routines and boundaries.
- Repair moments in relationships that don't go so well, or might be negative or destructive.
- Remember to look after your own emotional health and your own relationships.



For more, free parenting resources, visit:

- [www.rav.org.au/resources](http://www.rav.org.au/resources)
- <https://raisingchildren.net.au>

## Managing tricky times

There are times when parents can get stuck at particular family transitions or life changes, such as:

- the birth of a new baby
- managing behaviour with younger children, especially if parents have different ideas about how best to respond
- older children moving into adolescence and asserting their need for more independence.

If parents have had difficulties in their relationships with their own parents, this may also affect their relationships with their children.

In all of these normal transitions, the key is to stay calm, repair moments that don't go so well, and practice your conflict resolution skills. Often, it is not the end result, but rather how you got there – that strengthens relationships.

If you feel things are becoming difficult, it's important to seek help early. To find out how we can support you, visit [www.rav.org.au/child-family-services](http://www.rav.org.au/child-family-services)

## About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

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VICTORIA