



## Media Release

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# Take Time to Build Strong Family Relationships Every Day

Our Kids Network says the quality of family relationships is the key to thriving children and youth.

Halton Region - While you're enjoying Family Day this coming Monday, February 15, Our Kids Network (OKN) is asking you to take time to recognize the importance of stable, enduring family relationships in children's lives. Strong family ties lead to increased self-esteem, bolster strengths, and can help kids handle challenges.

As part of an ongoing focus on families, OKN is recommending two videos that can help to educate parents and other caregivers about the importance of building positive relationships with their children and teens:

**Family Relationships Matter: The First Six Years:** Featuring seven real Halton families, this video educates parents and other caregivers about the crucial importance of family relationships when their children are in the first six years of life. The video can be viewed at <http://www.ourkidsnetwork.ca/Public/Family-Relationships-Matter>. Watch TVCogeco for Family Relationships Matter PSAs starting this week.

**A New Kind of Parenting: Raising Kids Ages 10 to 16:** In this series of videos, parents learn how to adjust their parenting styles to help children cope with stress and emotions during the pre-teen and teen years. Noted child psychiatrist, [Dr. Jean Clinton](#), who is featured in the videos, uses plain language and common sense to explain how taking a positive approach to parenting can help parents and their teens build strong caring relationships. The videos can be viewed at <http://www.ourkidsnetwork.ca/Public/parent-teens>

**Adults are responsible for the quality of children's' relationships, according to Our Kids Network director, Elena DiBattista.** "We must be more intentional and thoughtful about our actions and words when we spend time with our children and teens. It's never too early or too late. Building positive relationships with children continues into adulthood," she says.

### Some facts about relationships from ParentFurther.com®

- We know that adults are responsible for the quality of children's relationships. When parents report that they have stronger relationships with their children, they are also more likely to say that their children are on track to thrive. For infants and young children, this means feeling cared for, connected and secure.
- According to ParentFurther.com, strong relationships are a foundation for thriving, with Developmental Relationships<sup>1</sup> contributing 43% of the difference of children being on track to thrive and demographics contributing only 5% (income, race/ethnicity, family composition, etc.)

- In a survey by ParentFurther.com, most parents say they Express Care, Challenge Growth, and Provide Support to their kids. However, fewer than half say they Share Power and Expand Possibilities.

### **Some facts about Halton families from Our Kids Network**

- Sharing power can mean including even young children in decisions that affect them and the family. Halton-based research has shown that the percentage of parents including their child/youth in problem solving when they disagree about something decreases as children age from kindergarten (94%) to Grade 10 (71%).<sup>2</sup>
- Self-care for parents and other caregivers is key to building positive relationships with children. Just 12% of parents of Halton kindergarten-aged children reported feeling extremely or very stressed in the last two weeks<sup>3</sup>, compared to 20% of parents of Grade 7 students and 19% of parents of Grade 10 students<sup>2</sup>.
- Eating together as a family is the perfect time to work on positive relationships with children. The percentage of Halton parents who report eating meals together as a family all five days in a school week decreases from Kindergarten (82%) to Grade 10 (53%).<sup>2</sup>

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Our Kids Network is a Halton-wide partnership of organizations and agencies serving children and youth. We identify and act on issues so agencies and individuals can be in sync, supportive and effective in reaching the best possible solutions for children, youth and their families. [www.ourkidsnetwork.ca](http://www.ourkidsnetwork.ca)

1. Developed by [Search Institute](#)<sup>®</sup>
2. [Halton Youth Parent Survey](#)
3. Context of question in [Kindergarten Parent Survey](#)