A Family Relationship Checklist

The developmental relationships framework identifies 5 key strategies and 20 actions for building strong relationships with and among children and youth. Use the checklist--which focuses on family relationships--to find strengths and areas to grow your family!

Express Care
☐ We trust each other.
☐ We really pay attention to each other when we are together.
☐ 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.

www.parentfurther.com