

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



BOND WITH YOUR KIDS

Parents have an important job. Raising kids is both rewarding and challenging. Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them. The strong emotional bonds that result help children learn how to manage their own feelings and behaviors and develop self-confidence. Children with strong connections to their caregivers are more likely to be able to cope with life's challenges.

TO BUILD STRONG RELATIONSHIPS WITH YOUR KIDS:

- Catch kids showing good behavior and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward. Help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together. Be available for advice and support, especially for teens.
- Set limits for yourself on mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.