

# SIMPLE CONNECTIONS stronger families

## Positive healthy relationships build family resiliency.



The most important source of support is your partner. You turn to each other in times of need, you help each other cope with the stresses of daily life and you share your lives together. If you have a healthy relationship with your partner, you have solid ground to stand on.

Families come in all shapes and sizes. In a family with children, the relationship between parents sets the tone for family interactions. Children learn from the love and affection they see between their parents whether your family is intact or not. If you are supportive, warm

and caring towards each other, all family members will benefit by feeling more secure and have better self-esteem and confidence.

### To build a healthy relationship with your partner, it's important to:

**Address conflict openly** but be respectful when you do. Avoiding discussions or being hurtful only makes things worse. If you have children in your home, handle intense conflict away from them unless you can model civil and respectful negotiating skills they can learn from.

**Do things together.** It's important to pursue your own interests but couples who spend time together are stronger for it. Be willing to try the things your partner enjoys or see if you can find a pastime you both enjoy.

**Show you care.** Do this in ways that feel right for you. Showing you care might be with words, a hug or touch, or other gesture like a writing a note or doing a favour. Your partner's way of showing love might be different from yours - be sure to acknowledge it nonetheless.

**Be positive.** Positivity (things like affection, humor, offering solutions, accepting suggestions, being optimistic) is powerful and contagious. Avoid criticizing whenever you can. Cut each other some slack. Choose to focus on the good in your spouse and in your relationship.

*For tips on how to build a healthy relationship with your spouse/partner, check out the Simple Connections, Stronger Families resources on [yllMyHome.com](http://yllMyHome.com)*



[www.YLLMYHOME.com](http://www.YLLMYHOME.com)



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Take a few minutes to explore the simple ideas and check off the things that you and your partner are already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Work together as a team to make decisions.
- Celebrate good news together.
- Be honest about your feelings and listen openly to each other.
- Take interest in the things your partner enjoys or try something new together.
- It's ok to disagree. Be kind and respectful when you do.
- Show love and affection in the ways your partner likes.

Our healthy relationship ideas:

Simple things we do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Simple things we plan to do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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