

EVERY INTERACTION MATTERS

Building positive family relationships



Everyday things you do together can help you build and strengthen your relationship with your teen. Here are some ways to enhance your interaction as a family.

- 1 Family meals**
Regular family meals are a great way to catch up with your teen and spend quality time together.
- 2 Family outings**
A fun vacation or weekend get-away as a family can build togetherness and create long-lasting memories.
- 3 One-on-one time**
Setting aside quality alone time for you and your teen opens the door for meaningful conversations to take place.
- 4 Celebrate accomplishments**
Support your teen at their sporting, musical or other extracurricular activities and celebrate accomplishments together.
- 5 Family traditions**
Family traditions, routines and rituals create special opportunities of togetherness that can be passed down from generation to generation.
- 6 Household responsibilities**
Make your teen feel like they are contributing to family life by agreeing on chores and other household responsibilities together.
- 7 Family rules**
Rules and consequences provide your teen with a sense of security, structure and accountability.