

MAKING CONNECTIONS & SUPPORTING YOUR CHILDREN

Building your relationships and connections with your children is key to helping them **feel loved, safe** and **secure**. Feeling genuine connection also has many **positive impacts on our mental health**, some benefits include:



HELP DECREASE CHANCES OF ANXIETY & DEPRESSION

GIVES US PURPOSE

HELPS DEVELOP GREATER EMPATHY

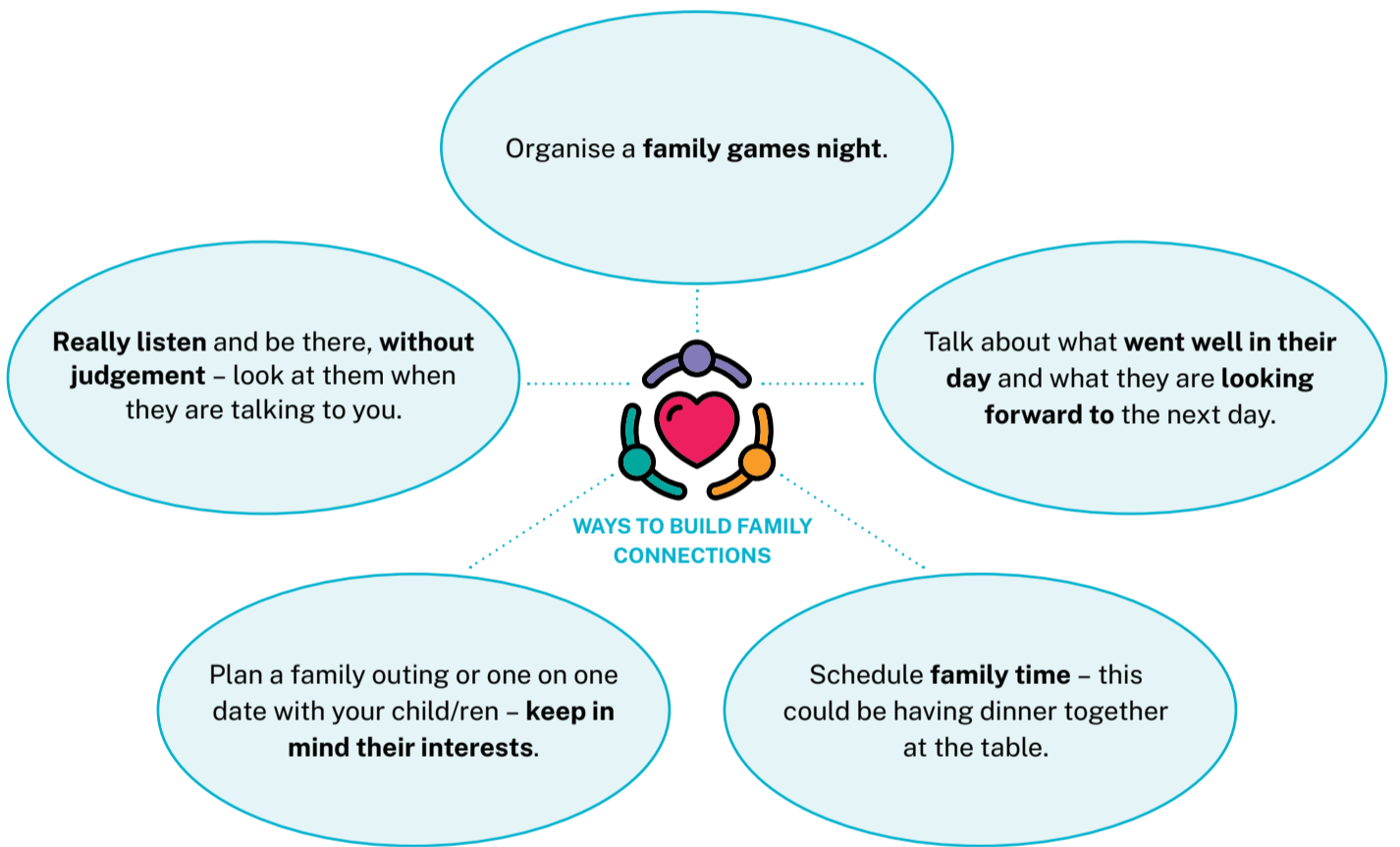
SENSE OF BELONGING

FEELING SUPPORTED

BUILDS TEAMWORK AND COOPERATION

ENHANCED HAPPINESS

INCREASES SELF ESTEEM



For more information on how to **build meaningful connections and support your children** click on the links below.



TRP's **Lael Stone** talks about Connected Parenting

[READ ARTICLE](#)



Teenagers talking about relationships with parents from [raisingchildren.net.au](#)

[WATCH VIDEO](#)



[raisingchildren.net.au](#) talks about building positive relationships for parents and children.

[READ ARTICLE](#)