

We can relate, when we plan the details of new or unfamiliar relationships. Your child will benefit from an organised schedule and a healthy relationship between both their parents. Share it with your child's other parent, and hang the map on your fridge as a reminder to keep working together to support your child

Connect and Communicate

E.g. Organise regular times to talk together about your child



How can we make our child happy?



Parent-Child Relationship

E.g. Talk to your child to see if they feel supported

Relationship with Self

E.g. Utilise any time to myself to take care of myself



Family Relationships