



**Alberta Health
Services**



Build Positive Relationships

Give the gift of time to help kids thrive

Take time each day to invest in building developmental relationships with the children and youth in your life. Strong relationships within families play a powerful role in children's growth. Research shows these relationships help children develop a strong sense of purpose, responsibility and empathy. These children also often set goals for themselves and are more engaged in learning. You can take action to build relationships with the children and youth in your life and in your community!

MORE RESOURCES

<http://keepconnected.searchinstitute.org/strengthen-your-family-relationships/>

**Happy
Holidays!**