



# BUILDING POSITIVE FAMILY RELATIONSHIPS

Celebrate the family you're so thankful for by working to create positive family relationships.

Play as a family. Have a game night to show how to play fair and nicely.

Reduce sibling rivalry by asking your children how their accomplishments made them feel. Encourage them to share joy and kind words with one another. This should reduce competition.

Be positive. Your child will likely mimic you. Talk to your children in the way you want them to talk to others.

Tell your children why you are grateful for them and ask them to do the same.