CHECKLIST · RELATIONSHIP

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Modeling Healthy Relationships for Children



Demonstrating healthy relationships teaches children valuable lessons about respect, communication, and empathy. Use this checklist to be a positive role model.

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NAME _____ START _____ TARGET DATE _____

1 **Show Respect in Interactions**

Speak to others politely and kindly, even during disagreements.

TIP *Use phrases like, "I understand your perspective," to demonstrate respectful communication.*

2 **Resolve Conflicts Constructively**

Model problem-solving by discussing issues calmly and finding compromises.

TIP *Avoid yelling or blaming, as children often mimic these behaviors.*

3 **Express Affection Openly**

Show love and appreciation to your partner, friends, and family in front of your children.

EXAMPLE *Give hugs, compliments, or say, "I appreciate you," regularly.*

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