

## A Family Relationship Checklist

The developmental relationships framework identifies 5 key strategies and 20 actions for building strong relationships with and among children and youth. Use the checklist--which focuses on family relationships--to find strengths and areas to grow your family!

### Express Care

- We trust each other.
- We really pay attention to each other when we are together.
- We make each other feel known and valued.
- We show each other that we enjoy being together.
- We praise each other for our efforts and achievements.

### Share Power

- We take each other seriously and treat each other fairly.
- We involve each other in decisions that affect each person.
- We work together to solve problems and goals.
- We give each other chances to make decisions and take the lead.

### Challenge Growth

- We expect each other to live up to our potential.
- We push each other to go further.
- We insist that we each take responsibility for our own actions.
- We help each other learn from mistakes and setbacks.

### Provide Support

- We guide each other through hard situations and systems.
- We help each other be strong, confident, and take charge of life.
- We defend each other when we need it.
- We set limits that keep each other on track and moving forward.

### Expand Possibilities

- We inspire each other to be hopeful for the future.
- We introduce each other to people who can help us grow.
- We expose each other to new ideas, experiences, and places.

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