

# The Power of Relationships

## A Reflective Activity for Parents/Carers

Recalling who helped us feel special or important when we were children can reconnect us to aspects of relationships that made us feel warm and glowing on the inside. When you were a child, was there an adult (other than a parent/carer) who stood out as important to you?

- What did the person do to make you feel special and important?
- How did you respond to them whenever you saw them?
- What messages did they give you about you? How did they do that?
- What do you carry with you from them still?
- What do you think they may have received in return from you? How did they know that?
- What changes did this person support you to make? How did they do that?
- How would your story be different if they had not been in your life?

Relationships are powerful and can help children to feel special and important in a way that can stay with them into adulthood.

Can you think about something that you could do to help a child in your world feel special and important today?

Children and young people learn about the world around them, others and themselves from key people in their lives.

In relationships, we form beliefs about what we know to be true of ourselves and the world around us that we carry into adulthood.

Parents and carers have unique opportunities to change the experiences of children through the power of their relationships. It is never too late to help children feel special and important.



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