

# Relationships that Matter

5 Keys to Helping Your Child Succeed



# Objectives

Discover that parent-child relationships are key to students' success.

01

02

Identify the five keys to strong relationships with your child(ren).

Share with each other ideas for strengthening relationships with your child(ren).

03

04

Commit to doing one thing to strengthening your relationship with your child(ren).



# Welcome!

One thing I love to do with  
my family is....



# Who Made a Difference to you?

Focus on the positive things  
that important adults did for  
us as we were growing up.

# The 5 Keys to Parent-Child Relationships



Express Care



Challenge Growth



Provide Support



Share Power



Expand Possibilities

# 1) Express care

Show your child(ren) that you enjoy being with them. You care about things that are important to them.



## 2) Challenge growth

Help your child(ren) to see possibilities for their own future. Encourage them to work hard to be their best.



### 3) Provide support

Guide and encourage your child(ren) as they work to complete tasks and achieve their goals.





## 4) Share power



Take your child(en)'s ideas seriously. Work together to solve problems and reach goals.

# 5) Expand possibilities

Help your child(ren) connect with people, ideas, and opportunities that help them learn and grow.



The [research](#) suggests that strengthening these five areas of our relationships is one of the most important things we can do as parents for our kids.



# Research on the 5 Keys

The Search Institute surveyed more than 1,000 parents with children ages 3-13. These parents came from all backgrounds and cultural groups, roughly matching the population of the US. Search Institute asked how much parents did each of the five keys that we've been talking about:



What key was most common?

Express care. Others that were strong were challenge growth and provide support.



What key was least common?

Expand possibilities. Share power is also lower in most families.



# Stories of the 5 Keys

Understanding parent-child relationships  
from the perspective of a young person.

# Take home the conversation

[Discussion  
Starters for  
Families](#)

[A Family  
Relationships  
Checklist](#)



[The Keep  
Connected  
Website](#)

[What I Will Do  
This Week](#)

# Commitments

- 01 Try 1 or 2 discussion starter questions
- 02 Complete the relationships checklist.
- 03 Follow through on your commitment to work on one of the 5 keys.

# Conclusion

You already have a relationship with your child(ren). Some parts of those relationships may be going really well. Some parts may be difficult.

The 5 keys can help us keep perspective on what really matters in our relationships with our kids. We don't have to be perfect, but we can all find at least one area where our relationship can grow.

We can ask each other to help us through the ups and downs we experience.





# Thank you for joining!

Please complete [this form](#) to provide us  
with feedback!

## Do you have any questions?

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