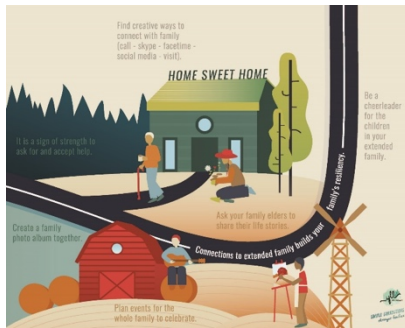


SIMPLE CONNECTIONS stronger families

Connections to extended family builds your family's resiliency.



Connecting with extended family is a great way to widen your family's network of support. Extended family members can be mentors for the children and youth in your family, can lend a helping hand when you're in a pinch and provide friendship.

Build connections with your extended family by:

Being involved. Supportive, caring relationships with adults help children and youth to be healthy and resilient. By supporting their efforts, believing in their potential and encouraging them to strive high, you can build a child's resiliency. Make a point of connecting with the children and youth in your extended family. You never know when they might need that extra support.

Helping out. Extended family can come in handy when parents in a family are physically or emotionally absent or ill. They can be helpful during transitions like new parenthood or arrival in a new country. Offer to help your extended family where you can in big or small ways.

Reaching out. Keep each other up to date on what's happening in your lives so you can provide support and encouragement when it's needed. If you live far away, make a point of recognizing each other's milestones. For only children, or isolated families, connecting with extended family is an important source of social support.

For tips on connecting with your extended family to build your family's resiliency, check out the *Simple Connections, Stronger Families* resources on YllMyHome.com



www.YLLMYHOME.com



www.AHS.ca/amh



SIMPLE CONNECTIONS stronger families

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Take a few minutes to explore the simple ideas and check off the things that your family is already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Find creative ways to connect with family (call – skype – facetime – social media – visit)
- Be a cheerleader for the children in your extended family.
- Ask your family elders to share their life stories.
- Plan events for the whole family to celebrate.
- Create a family photo album together
- It is a sign of strength to ask for and accept help.

Our family ideas: Simple things we do:

- _____
- _____
- _____

Simple things we plan to do:

- _____
- _____
- _____

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