

4 SIMPLE RULES

FOR HEALTHY INTERACTIONS & RELATIONSHIPS



Kids learn about relationships and how to interact with others from the adults in their lives – adults are their most powerful models.

Use these four simple rules to guide how you engage in healthy interactions and relationships – with other adults and your kids!

1

Be Authentic

Authentic relationships begin with a genuine desire to get to know another person – to honor and appreciate their uniqueness. Interactions that are authentic are honest, sincere, and come from the heart.

2

Be Responsive

Interactions are responsive when you give another person what they need in the moment, whether it's a smile, a hug, or assistance. Noticing and connecting with the cues of others builds trust, which makes people feel safe and cared for.

4

Be Consistent

Being steady and unchanging in your behavior with others makes you predictable, so people know what to expect from you. Consistent positive interactions lead to trusting relationships.

3

Be Reciprocal

Each person in a reciprocal relationship is equally respected and valued. The relationship is balanced, both people feel seen and heard, and there is room for collaboration and problem solving.

