

# FAMILY SUPPORT TIPS AND TRICKS

1

## The quality of the relationship

Prioritize maintaining a good parent-child relationship



2

## Empathic listening

Welcoming your child's emotions without judgment  
*Ex. "I see that it's not easy for you at the moment."*



3

## The encouragements

Show your child that you believe in them  
*Ex. "You have great abilities, you already have what it takes to get started."*



4

## Valuing efforts

Highlight small steps and successes & Value efforts/progress more than the results



5

## Stories of resilience

Believe in your child's ability to overcome challenges and avoid transferring your own fears onto them

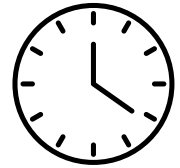


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## The right moment

Suggest a time to discuss without imposing it  
*Ex. "When would be the best time to discuss your exam?"*



7

## The power

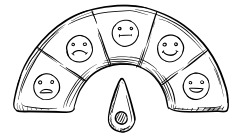
Allow the young person to make decisions  
*Ex. "Are you going to do your homework before or after dinner?"*



8

## The scale from 1 to 10

Use a scale to measure the intensity of emotions  
*Ex. "On a scale of 1 to 10, how discouraged are you?"*



9

## The support

Ask the young person what you can do to help them  
and refer them to other resources if necessary



10

## Inspiring models

Invite positive role models in your life to share  
their stories with your child

