Supporting Healthy Relationships

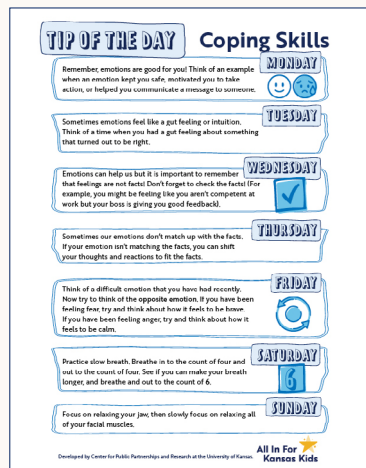## INCORPORATING ADULT RELATIONSHIP EDUCATION INTO CBCAP PROGRAMMING

CBCAP grantees noted that adult relationships were highly strained during Covid-19, yet due to social distancing restrictions, few community-based resources were available.

*To assist CBCAP grantees with promoting healthy adult relationships, **we designed a toolkit** including strategies, tips, and supplementary materials to embed within existing CBCAP services.*

Recognizing Difficult Emotions

Managing Emotional Responses

Practicing Acceptance

Problem-Solving Mindset

Developing healthy adult relationships...

- Effect parent-child interactions and influence the home environment
- Can turn struggle into coping and resilience, especially during times of stress and struggle

Toolkit Module 1
Coping

- Strategies for coping
- Recognizing and managing difficult emotions
- Practicing acceptance in times of difficulty
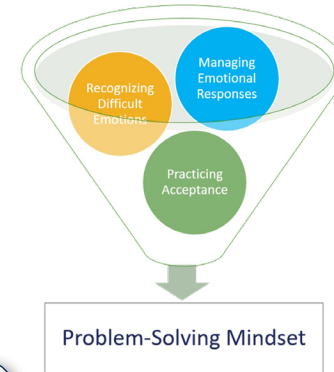- Achieving a problem-solving mindset

Toolkit Module 2
Communication Strategies

- Communication problems
- Strategies for effective communication
- How to talk about frustrations
- Showing active listening
- Paraphrasing and validation

Criticism

Criticism aims to attack the other person. It is often used to deflect blame or avoid taking responsibility. Criticism can also be used to communicate annoyance or dissatisfaction. Constant criticism can cause hurt feelings, decreased self-esteem, and can promote anger and frustration.

"You are such a slob! You never clean up after the kids!"

Toolkit Module 3
Problem Solving

- Using a problem-solving mindset
- Basic rules for problem-solving
- Strategies for finding solutions
- Avoiding conflict

Identify the larger problem
- Write down the **big problem**
- Make a list of all of the **parts of the problem**

Chunk it by day/week
- Using your list, circle the parts that need to be **solved today or this week**
- Make a new list of what needs to be **solved now** and what parts of the problem **can wait until later**

Identify what you need now
- Make a list of the **resources you need** to solve the most urgent problems
- Identify which **resources you have already**
- Identify which **resources you need** that can be easily achieved
- If the resource is not available, make a list of **alternative solutions**

Kansas Children's Cabinet and Trust Fund

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