

## **Positive Parenting**

[Positive Discipline: Behavioral Management Skills for Parents and Teachers—Part 1: Types of Misbehaviors and Keys to Success](#). Building a foundation for healthy and effective parenting and teaching begins with understanding some different types of misbehaviors. This 4-page fact sheet discusses four common types of misbehaviors, encourages the reader to identify healthy and unhealthy practices, and emphasizes key factors of effective parenting and teaching. (University of Florida Extension, 2015).

[Positive Discipline: Behavioral Management Skills for Parents and Teachers—Part 2: General Approaches to Managing Behavior](#). This fact sheet outlines four principles of behavioral management and describes several strategies for parents and teachers to engage in a positive relationship with their children and students and to steer them toward managing their own behavior in healthy ways. (University of Florida Extension, 2015).

[Positive Discipline: Behavioral Management Skills for Parents and Teachers—Part 3: Fostering The Parent-Child and Teacher-Student Relationship to Build Responsibility](#). Part 3 of the Positive Discipline: Behavioral Management Skills for Parents and Teachers series covers easy-to-learn tips and strategies to help parents and teachers build critical thinking and positive behavioral management skills in children. (University of Florida Extension, 2015).

[Strong Families: Tips for Healthy Parenting](#). By following the tips given in this fact sheet and discussing healthy parenting practices with service providers, you can learn and develop healthy parenting skills that will deepen your family's connections and help you grow closer together. (National Resource Center for Healthy Marriage and Families, 2014).

[Tips for Service Providers: Healthy Parenting Practices](#). This resource provides service providers with tips and resources necessary to encourage caretakers to develop healthy relationships and healthy parenting practices. (National Resource Center for Healthy Marriage and Families, 2014).

[The Impact of Fathers on Children's Well-Being](#). This publication provides a brief summary of the history of fatherhood in America and discusses the importance of involved fathers, and how fathers, mothers, other family members, and adult role models can make a positive impact in a child's life. (University of Florida Extension, 2014).

[My Child Has a Mental Illness: Developing Parental Advocacy](#). This publication encourages parents to take proactive steps to improve their situation by learning about their child's diagnosis, finding community support, acknowledging strengths and weaknesses, discovering resources and barriers to care, and organizing important information related to their child's life. (University of Florida Extension, 2012).

## **Strong Families**

[Strong Families: Tips for Healthy and Effective Communication](#). When we communicate in healthy ways, we build relationships that promote appreciation, admiration, trust, and respect. Developing healthy patterns of effective communication is as important in our interactions with family members as it is at work and in the community. This publication encourages family members to strengthen and model positive communication skills. (National Resource Center for Healthy Marriage and Families, 2014).

[Tips for Service Providers: Healthy and Effective Communication](#). Developing healthy patterns of effective communication is as important in our interactions with family members as it is at work and in the community. This publication discusses the key ways communication supports healthy relationships and tips for service providers to help their clients within their own cultural context.. (National Resource Center for Healthy Marriage and Families, 2014).

[Strong Families: Tips for Healthy Conflict Management](#). Conflict is natural. Everyone experiences it in their relationships and daily lives. This publication provides families and couples with some healthy methods they can use to manage these conflicts and negative feelings so that the conflict situations don't get worse. (National Resource Center for Healthy Marriage and Families, 2014).

[Tips for Service Providers: Healthy Conflict Management](#). Conflict doesn't just happen in romantic relationships. In this segment of Tips for Service Providers, Dr. Harris discusses how to provide clients with the skills necessary to manage conflicts, large or small, in order to get along better with employers, co-workers, friends, and extended family members. (National Resource Center for Healthy Marriage and Families, 2014).

[Strong Families: Tips for Healthy Financial Management](#). Healthy financial management skills can be strong predictors of happy relationships. This segment of the Strong Families series encourages individuals and couples to develop the skills that will help them be happier and more resilient in times of stress. (National Resource Center for Healthy Marriage and Families, 2014).

[Tips for Service Providers: Healthy Financial Management Skills](#). This segment of the Tips for Service Providers series offers service providers with valuable information necessary to aid individuals and couples in developing healthy financial management skills in the following areas: earning, spending, saving, borrowing, and protecting against risk. (National Resource Center for Healthy Marriage and Families, 2014).

[Benefits of Family Meals](#). This publication discusses the positive outcomes for family members as a result of regular family mealtimes. Accessing programs designed to focus on family meals and family and youth development can be critical to introducing families to these benefits. (University of Florida Extension, 2013).

[Family Reunification Following Foster Care](#). The general consensus within the child welfare system is that children tend to thrive when placed in their own family settings. Parents and support systems are encouraged to make use of the steps discussed in this publication to strengthen reunification efforts. (University of Florida Extension, 2013).

[Improving Health and Happiness in the Home by Being an Energy Giver Rather Than an Energy Taker](#). One way to improve health and happiness in the home is to work toward becoming an energy giver rather than an energy taker. This publication discusses the steps necessary to establish a lifestyle that naturally gravitates toward respecting others. (University of Florida Extension, 2012).

[Eight Needs of Every Partner, Parent, and Child](#). One of our greatest desires is to be happy. So what do you need in order to be happy? Have you ever sat down and made a list? This 3-page fact sheet guides you in listing needs for yourself, your partner, and your children; and lists eight needs identified by researchers that people need to feel happy. (University of Florida Extension, 2012).

[8 Necesidades de la pareja, el padre y el hijo.](#) Cuando las personas, las parejas y los padres aprenden cómo satisfacer sus necesidades personales consistentemente, pueden ayudar a otros y a sus hijos a satisfacer sus propias necesidades. (University of Florida Extension, 2012).

## Healthy Couple Relationships

[Healthy Dating That Leads to Healthy Marriage.](#) The information presented in this fact sheet reveals many of the factors youth and young adults, along with the stakeholders who work with these populations, will want to be aware of to help build healthy dating friendships that can lead to healthy, long-term marital friendships. (National Resource Center for Healthy Marriage and Families, 2013).

[Promoting Healthy Relationship Development in Teens, Part I: How Dating Smart in Youth Can Foster Better Relationships in Adulthood.](#) Healthy dating relationships can lead to healthy marriages. This 4-page fact sheet discusses the complicated calculus of the premarital influences that may shape future relationship stability, quality, and satisfaction. (University of Florida Extension, 2013).

[Promoting Healthy Relationship Development in Teens, Part II: Three Key Qualities to Foster Better Relationships.](#) Couples who stay together tend to match and be more similar than they are different. This publication discusses potential similarities and differences, each person's background influences, and how these often impact how well two people in a romantic relationship are able to communicate, stay together, and find happiness with each other. (University of Florida Extension, 2013).

[What Is a Healthy Dating or Marriage Relationship?](#) Defining what a healthy romantic relationship is can be challenging. Use this 3-page fact sheet to determine what a healthy relationship looks like to you. Then, take the survey to get an idea of the strengths already present in your relationship and those things you may want to work on. (University of Florida Extension, 2013).

[What Do You See? Healthy Dating That Leads to Healthy Marriage.](#) Dating relationships are the building blocks for healthy marriage relationships. This publication discusses the perspectives that can help couples see why healthy dating can lead to healthy marriages or why unhealthy dating can lead to unhealthy marriages and divorce. (University of Florida Extension, 2012).

[10 Things You Need to Know Before You Get Married.](#) In response to the high rates of divorce, a growing trend has emerged that focuses on developing a healthy marriage, rather than just the act of marriage. This publication presents ten ways to achieve a healthy marriage of your own. (University of Florida Extension, 2012).

[Are You Ready to Tie the Knot? A Quick Checklist.](#) Marriage is a partnership that has emotional, financial, and legal implications. Before entering into this union, it is important for you and your partner to examine your individual attitudes and behaviors about both social and financial issues. (University of Florida Extension, 2012).

[Are You Marrying Someone from a Different Culture or Religion?](#) Couples must make many adjustments as they learn to live with each other from year to year. When those adjustments include negotiating culture or religion, it adds another dimension to the process of trying to strengthen the relationship. This publication provides strategies for effective management of

potentially conflicting views. (University of Florida Extension, 2012).

[Are You Marrying the Right Person? Healthy Signs and Red Flags.](#) There are very few experiences in life that are as exciting as the “real thing” of getting married. However, there are very few as disappointing as finding ourselves attached to the wrong person. Learning about what healthy relationships look like is important if we are going to make good decisions about who to marry. (University of Florida Extension, 2012).

[Three Stages of Marriage.](#) Most marriages go through at least three distinct stages: romantic love, disillusionment and distraction, and dissolution, adjustment with resignation, or adjustment with contentment. Researchers have found that couples utilize at least four general strategies for adjusting to the realities of long-term marriages with contentment. (University of Florida Extension, 2012).

[Relationship CHANGE: How to Change Your Relationships for GOOD.](#) This 3-page fact sheet introduces the principle of Change Yourself First and other healthy strategies for changing our relationships. (University of Florida Extension, 2012).

## **Effective Communication and Conflict Resolution**

[Mindfulness: An Introduction.](#) In recent years, psychologists and physicians have turned to a practice called mindfulness with promising results. This publication introduces mindfulness, its benefits, and how to begin learning this powerful skill. (University of Florida Extension, 2013).

[Nine Important Communication Skills for Every Relationship.](#) Effective communication is critical to successful relationships. Researchers and therapists have found at least nine skills that can help couples learn to talk effectively about important issues, like time spent together/apart, money, health, gender differences, children, family, friends, commitment, trust, and intimacy. If learned well, these nine skills can help put our relationships on a positive trajectory for success. (University of Florida Extension, 2012).

[9 Habilidades importantes de la comunicación para cada relación.](#) La comunicación efectiva es esencial para las relaciones exitosas. Investigadores y terapeutas han encontrado que hay al menos nueve habilidades que pueden ayudar a las parejas a aprender a hablar efectivamente sobre los problemas importantes. Si aprende bien estas nueve habilidades puede ayudar a poner las relaciones en una trayectoria positiva al éxito. (University of Florida Extension, 2012).

[Ten Rules for Constructive Conflict.](#) Determining how we handle conflicts, whether constructively or destructively, is a good way to see how functional or dysfunctional we are acting in our relationships. Take a minute and complete the quiz in this publication to see if you handle conflict in a constructive or destructive way. The results will help you realize what you are already doing well and what skills you might still want to work on a little more. (University of Florida Extension, 2012).

[10 Reglas del conflicto constructivo.](#) Determinar cómo manejamos los conflictos – constructivamente o destructivamente- es un buen camino para saber que tan funcionales o disfuncionales actuamos en las relaciones. Tómese un minuto para contestar la prueba que se encuentra a continuación para ver si maneja los conflictos de una forma constructiva o destructiva. Esta publicación le ayudará a darse cuenta que está haciendo bien y en cuáles habilidades podría trabajar un poco más. (University of Florida Extension, 2012).