

# MAKING POSITIVE CONNECTIONS

Making friends beyond your family can make a real difference in your life. It takes time to build a good group of supportive people, but they can help us through hard times and are there to share happy moments. Sometimes, the most important people in our lives aren't the ones we first expect.



For  
Parents/  
Carers

## 5 ways to build relationships



**1. Spend time getting to know people** - strong relationships take time. Don't be discouraged if you don't make connections immediately.



**2. Connect over values** - you don't have to share common interests. Be yourself and others with similar values or beliefs will want to connect.



**3. Bigger doesn't always mean better** - a smaller number of meaningful connections is often more valuable.



**4. You don't always have to agree** - sometimes different perspectives provide the greatest insight.



**5. Connections may not always last** - be open to welcoming new people into your life and don't be afraid to let go of others.



# Where to find your people

There are many opportunities to meet people and make new friends.

## Parent groups

There are lots of different parent groups available. [Find one to suit you here.](#)

## Local playgroups

A great social network for children and parents. [Find one near you here.](#)

## Public library

Make use of their free children's programs or adult book clubs.

## Parks and playgrounds

Make the effort to chat while your children play together.

## Local activity groups

Find a group that interests you - maybe it's a local sports team, walking group, or surfing group.

## Gym

Exercise classes at the gym can be a great way to meet new people.

## Childcare/preschool

Chat with other parents during drop-off or pick-up. Organise weekend playdates.

If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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