TIPS TO BUILDING A STRONGER RELATIONSHIP BETWEEN

You & Your Children

Spend Quality Time Together!

1. **Tell Your Children You Love Them Every Day, No Matter Their Age** — Even after disagreements, parents should make sure their children know that, although you did not like their behavior, you still love them unconditionally.

2. **Play With Your Children** — Play with dolls, balls, board games or sing songs. It doesn't matter what you play as long as you enjoy each other and give them your undivided attention.

3. **Establish a Special Name or Code Word** — Create a special name for your child that is positive or a secret code word that can be used to extract a child from an uncomfortable situation without embarrassing him or her.

4. **Develop and Maintain Bedtime Rituals** — Reading bedtime books or telling stories to children creates lifelong rituals. To a child, bedtime is separation and rituals make kids feel safer.

5. **Teach Kids About Faith and Spirituality** — Tell your child what you believe and why. Allow him or her to ask questions and be sure to answer them honestly.

6. **Let Your Children Help You** — Parents often miss out on opportunities for closeness by not allowing their child to help them with various tasks, such as unloading groceries or getting dinner ready. Children feel powerful when they can help.

7. **Eat Meals as a Family** — Eating together sets the stage for conversation and sharing.

8. **Seek Out One-On-One Opportunities** — Some parents have special "dates" or "nights" with their child.

9. **Respect Your Child's Choices** — It really is okay if your child goes to daycare in a striped orange shirt with pink shorts. You may not like their mismatched clothes, but it's important to respect their choices. Children reach out for independence at a very young age and parents need to be supportive.

10. **Make Your Child a Priority** — Your children need to know that they are a priority in your life. Often, part of parenting is not worrying about the small stuff and enjoy your children. They grow up so fast!

By Robin McClure, Updated July 02, 2017