Strengthening the Parent Child Bond by

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Building a positive relationship between parent and child requires work and effort to make it strong and successful. Parenting is a tough job, but if abided well, helps to ensure parents and their children stay connected throughout their upbringing.

1-Think of a nick name for your child that you can use between each other. It makes the relationship special and warm. Keep some code words between you, which you can use only with your child so that only you two understand. This code word can even be used to save or warn your child in an uncomfortable situation

2-Children love listening to stories. Teach your child about your faith and beliefs through moral based stories. Share your beliefs with your child and explain to them why you believe in it. Allow time for your child to ask questions and answer them honestly. Reinforce those teachings often

3-Find ways of expressing your love to your child every day irrespective of their age. A simple "I love you" goes a long way toward developing and strengthening a relationship, because it boosts the childâ€™s confidence.

4-Unloading groceries, setting the table, buying a pack of milk, folding the dry clothes are all means in which children can help their parents strengthen the bond between them. Likewise, Choosing which shoes look better for your child lets your child know you are interested in what your child is interested in. Watching a match with your children or a cartoon or even playing with them will help improve the bond between them

5-Eating together is a wonderful way for sharing a conversation. Switch off the TV and don't rush through a meal. Lunch or dinner together as a family can become a quality time remembered most by the young and old alike.

6-Its important to respect your childâ€™s choices after first giving them the basic guidelines of disciplinary instruction in terms of the kinds of haircuts or clothes accepted in the family. You don't have to like their mismatched shirt and shorts or comment on the pictures in their room as long as they do no conflict with the principles taught to them.

7-The key is to really play with your children. Play with dolls, ball, make believe, checkers, sing songs, or whatever is fun and interesting. It doesn't matter what you play, just enjoy each other! Let kids see your silly side. Older kids enjoy cards, chess, computer games, while younger ones will have fun playing about anything...as long as it involves you!

8-Respect your childâ€™s privacy as they grow up into young teens. Nobody wants a nagging mother or questioning father once the children are in their teens. In such cases, when you find your child on the phone for too long or not performing well academically, step in as a friend and not a parent to gain their confidence.

A lot depends on you to strengthen the bond between your child and you and with the right steps its not a very difficult task at all.

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- About Author:
Writer is a team member of OnlineSchoolAdmissions.com - a portal that provides free of cost consultancy to parents and schools for fast and easy online school admission process. Parents can locate a schools in Coimbatore or a schools in dwarka of their choice selected from the directory of schools listed on the site and applies to them. They can also search for a schools in Jaipur as per their choice and fill up the school application forms online.

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