

Secret to make strong bond with children

A step-by-step guide
to level up your bond
with your child

BY SWATI TRIPATHI

Parenting Coach

ABOUT ME

I'm Swati, have 8+ years of experience making your parenting journey easier, happier, more satisfied, and confident. I'm the author of book "The Power Of Parenting," and the founder of "The Elegancia Play School". I am predominantly the originator of the "Curated Parenting Hub" which cater to early childhood education and empower parents to help their children to reach their full potential.

I'm on a mission to help parents find happiness and deep affinity in their parenting journey.



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Parenting Counselor | Parenting Coach
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Introduction

When you are seen, heard, and respected, you experience connection, a divine energy. more significant both ways

Parents believe that their kids should respect and pay attention to them. Then, it is thought, a solid parent-child bond is created. Everyone desires respect, but what about young people? Children ought to be valued and heard, right?

Why is it crucial to establish a solid "parent-child relationship"?



Introduce the next section with a subheading

Just like every other relationship, parent-child relationships are no different. When parent and child respect one another, it becomes stronger. Both ends must put in effort in order to forge a solid relationship. Future of child depends on interaction with parents. The relationship a child has with their parents will influence how they treat them and other people. Unbelievably, kids see everything their parents do. They study actions and reactions and attempt to put them into practice.

The intensity of complex situations is beyond the comprehension of young children. They are not mature enough to comprehend the rationale behind your choices. They may adopt some behaviors that are detrimental to their overall growth.

Living the way we want our children to live is an indication of a solid parent-child connection. The key to creating it is to give it a lot of love, time, and attention.

Here are some suggestions on how to develop a close bond with your child.

1. Express your affection to your children:

When a child's parents' love is established, their relationship with them becomes complex. You don't have to make a long speech to tell your child you love them. It suffices to make a simple gesture or to express gratitude and appreciation. There are numerous methods to tell your child, "I love you." Simply tell your youngster "I'm proud of you" when they achieve something admirable. Thank your child if they assist you with something. Never forget that even though certain things make no sense to us, they do to children.



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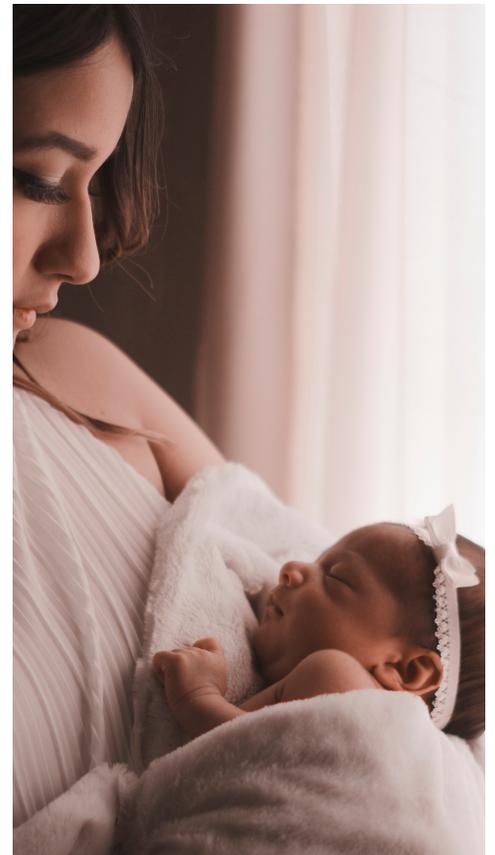


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2. Play with your child:

Playing is one activity that all kids like and find impossible to resist. Playing games with children demonstrates a positive parent-child bond. Play with your kids and, for a change, act like a kid yourself. Regardless of the game you choose to play. You two can engage in badminton, indoor activities, or any other hobbies you both enjoy.

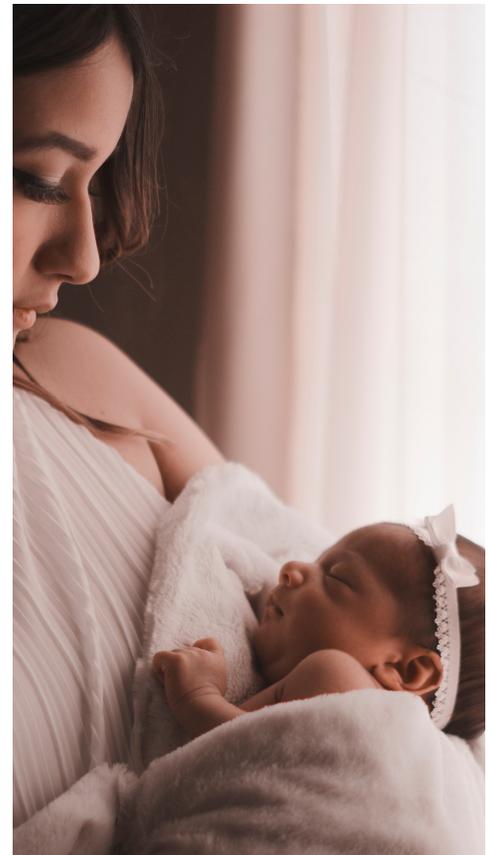
Sharing these priceless moments with your child is what matters. Children can relax and open out when they are playing with others. They don't perceive you as a demanding parent. You now take on the role of a fun parent who they can talk to and spend time with.



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3. Teach your children about faith and spirituality:

To foster in your child a sense of spirituality, explain to them your own beliefs and the reasons behind them. Permit them to question you. Let them ask questions, regardless of how ridiculous they are. Try your best to respond to them patiently and lovingly. Let it be if you don't know the answers to any questions. You might always say, "I'll look into it and get back to you," or "Can we talk about this later?" But make sure you respond to them sooner rather than later. Educate kids about meditation. Their mind and soul will be soothed by meditation. Teach them to be grateful. Create a tradition for your family that will raise your spiritual vibrations and energy.



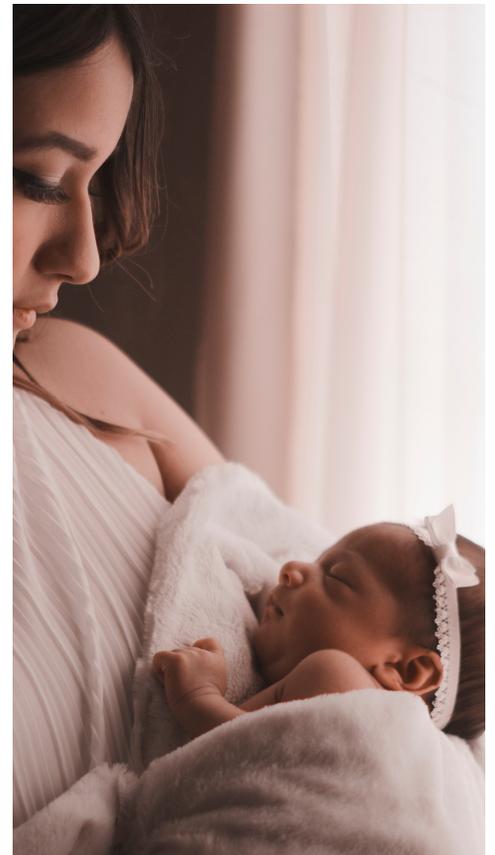
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4. Eat meals together as a family:

Dinner time has to be family time. Every individual in your house is busy since morning with their own schedule. You still have other tasks to complete, such as cleaning the house and making lunches. Everyone isn't typically there at home for lunch. Everyone has some free time after dinner. At this time of day, you try to avoid thinking about your obligations and other tasks. Your family will likely be present at this time.

Every family member can share their everyday activities during this time. Children have the opportunity to voice their opinions and receive recognition. Additionally, eating dinner together as a family encourages kids to eat well-prepared meals.

They'll begin to look forward to having dinner at home and develop strong bonds with the family.



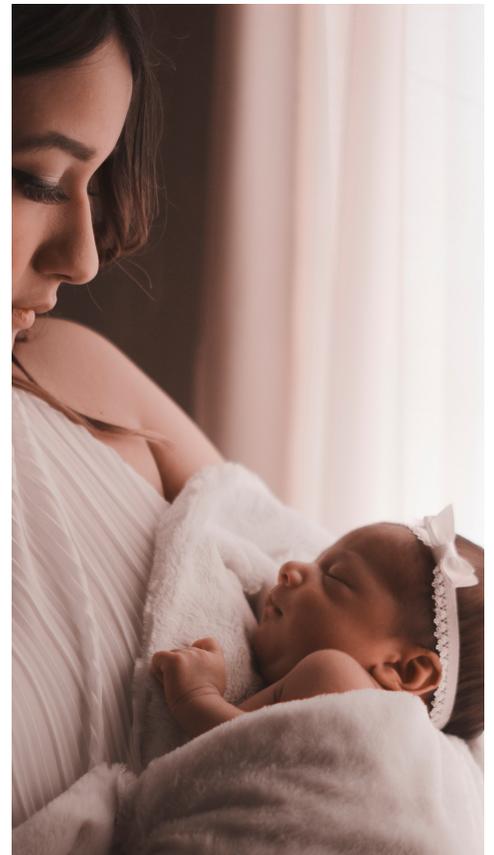
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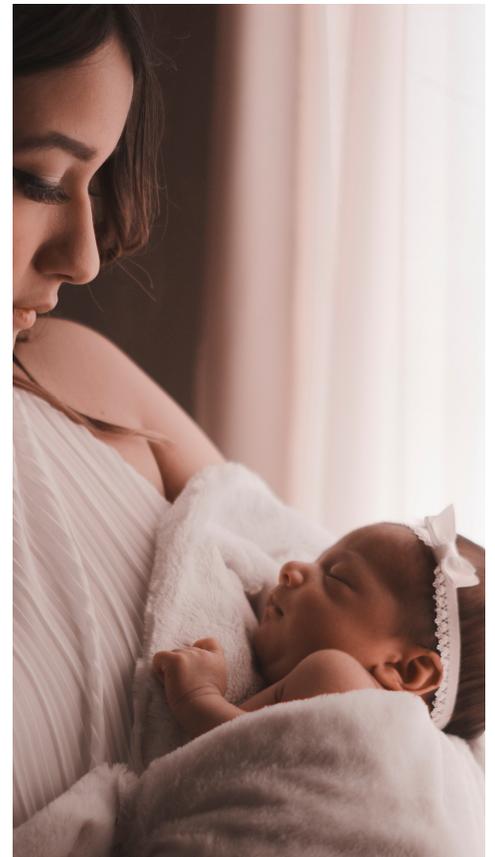
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5. Schedule one-on-one time:

Parents may assert that they are always busy and that when they are not, kids are. Either they are in class or paying tuition. They have several different study schedules and a ton of different projects to finish. We hardly ever have time for frequent one-on-one conversations. It is a responsibility, not a duty, to spend time with kids. You can converse with your youngster over dinner. Disconnect from the TV and engage in lively conversation while eating. (Watch the video below to learn how your child's behavior may be impacted by digital influence.)



- JACQUELINE

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MORE HELP?

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