

Bonding with your children

Having good parent-child relationships is a basic need.

This blossoms when children feel safe and trust the people around them.

The bond between family members can be strengthened by spending meaningful time together.

Right now, is the perfect time to invest quality time to strengthen parent-child bonds.

Tips on how to strengthen the bond

1. DAILY CHECK-IN

Start with a daily check-in. This can be done during the morning routine. Ask your child/ren "How are you feeling this morning?"

Engage with them about how they slept and their energy and emotional state.

Also discuss what they must do for the day as discussed in *Establishing a Routine*.

Some children do not easily express themselves, allow them to show you with their thumb.



2. LISTEN

When your child expresses themselves, **LISTEN**. Whether it is verbally or non-verbally.

A child's feelings are there for a reason and as a parent/guardian the best way to connect with them is to understand why they are feeling a certain way.

Maybe they are struggling with schoolwork, miss their friends and family or maybe they miss playing a certain sport.

Speak about the way they feel, so that they know you care and this way you can help them find solutions.



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3. GO TO YOUR CHILD'S LEVEL

To determine what meaningful time is, you have to know what your child/ren consider to be meaningful.

Is it the online games they play, specific sport matches they enjoy watching, a certain topic they are passionate about, a movie they love?

Lean into that, and do it with them.

Play the on-line game with them even if you don't know how. This will be an opportunity for your child to teach you something new.

Watch their favourite movie with them or go play a game of soccer. This will allow you to have fun together and spark conversation which you wouldn't have had otherwise.



4. INVOLVE THEM

Involve them in daily activities within the household.

Allow them to plan certain chores with you. E.g. doing washing or cleaning the yard.

Decide who will be taking responsibility for what.

This way you get to know what your child likes doing versus what s/he dislikes. E.g. Some children prefer sweeping more than washing up.

Allow them to do what they enjoy more. Once there is a better understanding then turn-taking between chores can happen, to make it fair.

