10 ways to grow a great relationship

with your child!

Affection – show warmth, kindness and care as often as you can - in the way you speak, smile, and act. Being kind to your children helps them to grow up and be kind towards you and others.

Acceptance – Accept their differences, their imperfections and their uniqueness. Freely forgive their mistakes and let them know that they are forgiven.

Appreciation – be thankful for what they as often as possible and in all kinds of ways – words, cards, etc.

Attention – Focus on them and listen to them. Put away your own thoughts and devices. Do what they want to do.

Comfort/console – be sad with them when they are sad – discover what comforts their sadness, hug, play, listen, talk, laugh, or do something active.

Show respect – honour them above yourself – don’t shame them or put them down: lift them up. When you show respect to your children, they are more likely to grow up respecting you.

Encouragement – say what encourages them. Help them towards their own goals.

Security/Safety – help them to feel safe, don’t do what makes them feel afraid. Protect them from danger of all kinds.

Specialness/being valued – let them know how special they are to you, and how important this relationship is to you. “I’m so glad you’re our child!” “It’s great being your dad!”

Support/help – offer to help, don’t let them struggle alone, do things together so that they learn vital skills.

Karen Holford