10-Day Ecourse

Email 6

Subject: Tips for making the most of the relationship with our children

Dear [Name],

Being a parent is a blessing. It can also be tough at times, as you will know if you are a parent. There are actions we can take that will affect our relationship with our children in a positive way. Here are a few ways to make the most out of this special and life-changing relationship.

Focus on the Positive

Don’t be a negative person, as this will erode your relationship with your child. Be the one person in your child’s life who will consistently encourage him (or her) and strengthen his self-esteem. Make a point of noticing his strong points, and be his number one cheerleader.

Spend One-on-One Time Together

It is easy to forget that our children need one-on-one time with us on a regular basis. Try to plan dates such as playing basketball together, grabbing a burger or going to the movies. If you are short on time, it can be as simple as spending ten minutes chatting together before bedtime each night.

Don’t Sweat the Small Stuff

Try not to be a parent who overreacts to everything, as this will slowly but surely cut away at the strong relationship you have with your child. When you are tempted to yell after your child speaks disrespectfully to you or when he runs across the carpet with his muddy shoes, breathe deeply and count to ten. More times than not, you will realize the issue is not worth damaging your relationship over.

Give Your Love

Every child has a different means of expressing their love, and this correlates directly to how they like to receive it. Some children need to spend lots of time with their parent, while others are built up when they receive an encouraging note from you. Find your child’s specific way of receiving love, and make a point of giving love in this way regularly. This builds a strong parent and child relationship.

Be Trustworthy

If you want a close relationship with your child, you must be trustworthy. Keep your promises, and show your child that he can count on you for anything he needs. Do your best never to betray his trust.

Watch Your Words

Another aspect of trust is using your words wisely as a parent. What seems like one small put-down or insult to you can really harm a child’s self-esteem, and can negatively affect your relationship for years to come. Let everything that comes from your mouth be encouraging, and use your words to build your child up to become a strong and confident individual.

Be Available on Their Time Schedule

Your child may not pick the most convenient time to engage in a conversation, but you should be a willing participant no matter when it is.

Many children open up and share their deepest thoughts when they are supposed to be getting into bed for the night. Instead of resenting this, work a time to chat into their bedtime routine so that they can count on having those moments together on a nightly basis. This will not only help your relationship, but will also assist your child in getting a better sleep each night… contributing to his mental and physical health.

Building a relationship with your child comes naturally, but it is not always easy. With these tips, you can find many ways to nurture the relationship you value. In time, you will see the fruits of your labor.

Next time, we will look at the relationship you have with your friends.