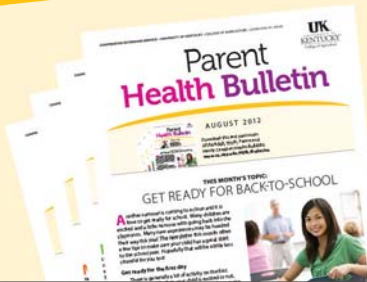


Parent Health Bulletin



MAY 2013

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Reprinted by:
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THIS MONTH'S TOPIC:

BUILDING A GOOD RELATIONSHIP

You are one of the most important people in your children's life and the things you do influence them every day. It is your job to love and guide your children throughout their entire lives. By building a close relationship, you ensure that they will come to you when they need someone to listen to or have questions about life.

Take note of the following five suggestions. They can help you build and maintain a good relationship with your children:

Spend time together

Do things that allow you and your child to enjoy one another's company. Getting to know your children, and letting them learn about you, will allow your bond to continue to grow. Activities like watching



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Make sure to remind your children often that you love them, by telling them or giving them hugs or kisses.

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TV allow you to be together, but you will not actually learn things about each other. Go for a walk or play a game together instead of watching TV. If your child is not with you every night, make the most out of the time you have together. When you are apart, use the phone and email to maintain the connection.

Be there for your child

There are many times in life when your children may come to you with feelings they do not understand or questions they need help with. Being open, and allowing them to express their feelings and ask questions will help them feel important.

Do things that allow you and your child to enjoy one another's company. Getting to know your children, and letting them learn about you, will allow your bond to continue to grow.

Be kind

If you show your children what it means to respect others, they will model your actions and learn how to respect others. Be a positive role model and your child will not only look up to you, but also follow your example.

Show you care

Children often need to be reminded that they are loved unconditionally. Make sure to remind your children often that you love them, by telling them or giving them hugs or kisses.

Be proud

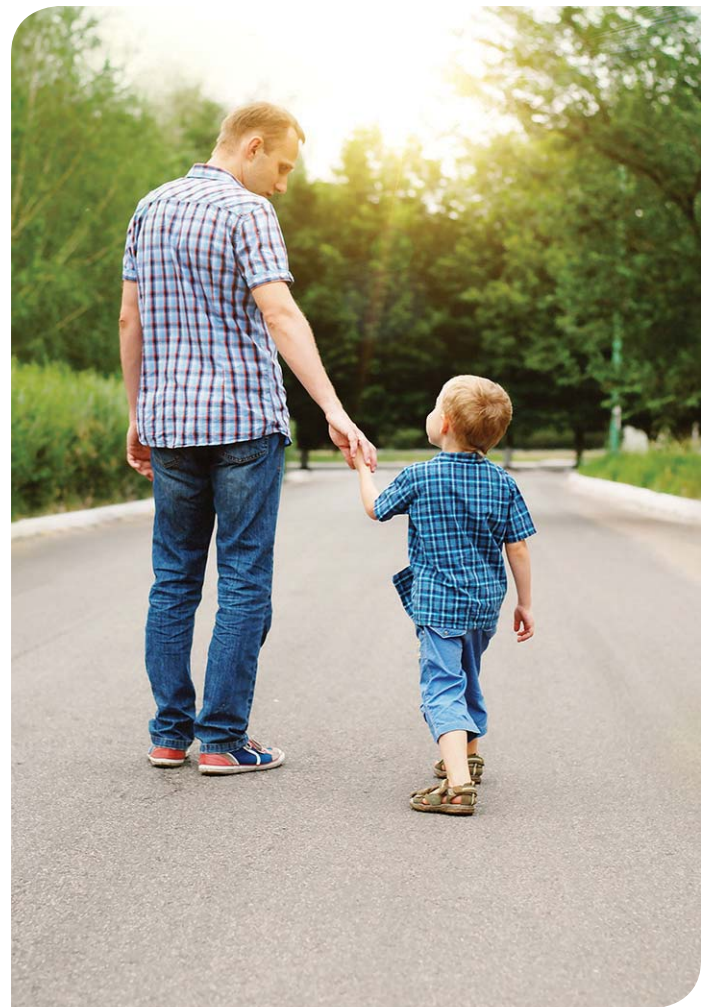
When your children are doing their best in school or at an activity they participate in, make sure you tell them you are proud. Children need to be reassured often. Tell your children that you see the effort they are making to succeed. Telling them you

are proud of them will encourage them to continue to do their best.

Your children value their relationship with you. By working toward a closer relationship with them now, you are building a strong bond for the future. Having a close relationship with your child will make you both happier.

SOURCE:

http://kidshealth.org/kid/feeling/home_family/parents.html#cat20068



Parent
Health Bulletin

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