

GRUNDTVIG PARTNERSHIP 2013-2015
“ENGAGING DISADVANTAGED PARENTS TO
ACQUIRE PARENTING SKILLS ”
EDPAPS

GRU-13-C-LP-216- TM-RO

“ 10 steps for improving my relationship with my child.”



Relationships parents and educators with children are very important for the proper functioning of the basic unit of society, namely the family. The family is the natural environment for education, because the impact on the child taking place in a variety of everyday situations. Modern families look after the children and educate the young generation very long time, from birth through about 20 years, playing an important role in all stages of development until they reach psychological maturity and economic independence. Friendly relations depend on many factors, including the age of the growing toddlers.

Relationships between parents and children tend to be different. Ideal lifestyle family consists of cordial relations between themselves parents, between parents and children, as well as between the siblings. Family relationships should be based on mutual agreement, respect, trust and loyalty. It happens, however, that the difference of generations or acquired abnormal behavior are impassable barriers - then pathological relationships are devoid of benevolent bond.

Relationships with parents are strongest in the early years of a child's life. Some people believe that parents should give their children everything they have most precious to 9 years of age. Up to this point observation instinct of children is the strongest, automatically absorb not only the knowledge about the environment and the world, but casually observe certain behaviors between people, especially those in their family, accept them and absorb as these correct.

The effect of this over the years gradually becomes smaller. That is why it is very important "healthy" parent-child relationships have established themselves before puberty, which is widely regarded as the period of teenage rebellion. The responsibility of parents is to create so deep and strong ties with the child (children) that during school period they not undergo much influenced by the peers' environment. It is the duty of the parents to raise the child so they consider opinion and views of parents as the most valuable, more than their peers.



10 steps to improve the relationship with your child

1. Accept your child.

Accept your child as it is - with advantages and disadvantages. This is the basic condition for the proper system of family relationships, as prejudice the good atmosphere at home. It is characterized by a high degree of empathy, tolerance, trust and understanding of individual needs and development difficulties. As a parent, you should serve your child help, support, genuinely interested in the progress and problems.

2. Interact with your child.

As a parent participate in the life of your child, but beware of insistent meddle and excessive control. Depending on the age of this cooperation includes various forms: fun together, conversation, exchange of views, engaging the child in the domestic chores. As a result, the child learns to overcome the difficulties encountered, which will enhance his/her self-esteem.

3. The attitude of rational freedom.

Leave the child field to their own of activity and initiative. Remember that the scope of this field will be expanded with age, stages of development and characteristics of the individual child. Discreetly supervise your child, posing the conditions conducive to the development of self-reliance, independence and taking responsibility for their own actions.

4. Acknowledge the rights of the child.

This attitude is characteristic for a democratic parenting style. Treat your child as an equal member of the family. Respect his/her individuality, putting demands on them as far as their features.

5. Do not shout!



In most cases, the intentions parents are good. Worrying about children, their fears expressed in the form of anger. They shout for irresponsible behavior, keeping yourself no better. You should speak and say what really feels what thought during his absence. Show threats. Calmly, without unnecessary emotions.

6. **Be an example for your child.**

Remember that you're its role model, and the children are excellent observers, and certainly notice the gap between what you declare and what you are doing.

7. **Show your love to them.**

Every child needs to feel that it is loved, understood, and can count on the support of parents. Children need our respect, friendly atmosphere at home - a sense of security.

8. **Be a reliable and assertive person.**

Children want to be sure that we behave as we speak, but also that we are able to admit our own weaknesses, ignorance and error. It should be clearly set boundaries and be assertive on important issues. Children need clear rules and consequences in their observance.

9. **Tell about yourself.**

Such stories approaching to each other, because they remind children that their parents were also young. Talk also about what is going on with you, about your troubles and plans. Ask for a opinion and show that you count with its opinion.

10. **Be a friend of your child!**

If want to make changes, then say so child. Talk to it about what and how you want to change.



Explain why and ask for cooperation. A young man needs to know that you care about improving relations. If previous attempts to communicate with the child failed, should be taken new actions. It is not worth resign from proximity. Both of you need it.

If any of your child's behavior is unacceptable to you, try to change it.

Just tell her/him:

- What particular behavior you mean
- What kind of feelings experiencing when the child behaves in the way unacceptable by you
- Why do you think the behavior is inappropriate
- What are the consequences for you and others of its behavior
- What changes you expect.

If you want to make a serious conversation with your child to make a change in your family:

- Find a quiet moment
- Deal with only this specific case
- Listen carefully to what your child has to say
- Do not preach "sermons" not moralize
- Do not shout. Remember that little can be achieved screaming and often we scream words that we regret later on.

Do not use the advantage that you are a parent and do not use the argument that obedience to the parents of the child should be "ex officio "

- Assume the ability to change your opinion
- Be willing to compromise
- Focus on solving the problem, and not on who wins.

Sources:

1. http://www.dziecirosna.pl/przedszkolak/wychowanie/10_wskazowek_jak_wychowac_dziecko_bez_przemocy.html

2. http://www.dziecirosna.pl/przedszkolak/wychowanie/granice_w_wychowaniu_dziecka.html

3. <http://zwierciadlo.pl/2013/psychologia/relacje-spoleczne/samoocena-jak-poprawic-relacje-w-kontaktach-z-innymi>

4. data from Web site; <http://fdn.pl/>



5. http://www.dziecirosna.pl/szkola/wychowanie/6_wskazowek_jak_zachecac_dziecko_do_wspolpracy.html

Bibliography:

1. "Kiedy pozwolić, kiedy zabronić?" - Robert Mackenzie
2. "Wychowanie, najtrudniejsza ze sztuk pięknych" - Elżbieta Chlebowska
3. "Moje dziecko" - Dorota Zawadzka, Irena Stanisławska

