



**Salvați Copiii**

Save the Children Romania  
Filiala Timișoara



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

**EDPAPS**

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**GRU -13 – C – LP – 216 – TM – RO**

*10 tips to improve the relationships with your child*



## 10 tips to improve the relationships with your child

One of the most important things we can give our children is our time. Regardless of age, children need parents time and attention in order grow up healthy and develop fully and harmoniously. Spending time with your child means more than being physically present to supervise the child or give food and shelter, and clothing.

1. **Be available for your children.** Notice the times when your children would like to say or show something to you to, and be available to them in those moments.

Start the conversation, so you will show child that you care about what is happening in his life.



2. **Be honest.** For your child, you are a model. Your child will learn from you to lie or tell the truth. It is therefore important to be honest with your child. In cases where it considers that it is better for your child to not know some things better tell that than to lie.

3. **Show your child that you are listening.** When children speak about their problems, stop whatever you are doing and listen to him. Show him that you care about what he says to you without being intrusive. Listen to their point of view, even if you find it difficult to hear. Let him finish what he has to say before intervening.

4. **Encourage your child.** Do everything in your power to sustain his self-esteem (matters a lot for a child to know he is respected, this leaves its mark on his development).



**5. Answer your child in a way that he would understand it.**

Smooth your strong reactions; children will withdraw if they see you angry or defensive. Express your opinion without disassembling theirs and recognizes that it is normal to have different opinions. Resist the temptation to see who is right and who is wrong.

**6. Have meals with all the family.** Parents need to create a habit of eating, at least once a day along with their loved ones. This increases the communication between family members. Eating the favorite food in a pleasant environment makes children and adolescents to openly discuss problems and successes.

**7. Have a pleasant atmosphere at home.** For example, children and young people introduce a distance between themselves and family when they feel that the misunderstandings between them and their family are becoming more frequent. Furthermore, a normal tone of voice will support the problem solving.

**8. The desire to be supported.** Don't compare your child with others his age. This will only make them loose confidence. Usually inferiority complexes decreases the efficiency and the desire of children and young people to get involved in school activities, creativity and communication level.

**9. Activities with loved ones.** Children and young people love to travel and do different activities with the loved ones. So before the weekend, plan common activities supported by the entire family.

**10. Being a parent is not easy.** Parenting is hard work and maintaining good connections with children can be challenging, especially when parents also have to face other pressures. If you have problems on a extended period of time, you might consider consulting a mental health professional to see how you can improve the well being of your family.