A Healthy Parent-Child Relationship

From the moment parents hold their newborn child for the first time, they sense the huge responsibility of child-rearing. Every parent's desire is to establish a healthy family relationship filled with love, care and happiness. The relationship between the parents and the child is very essential because it is one of the lifelong social ties that an individual establishes.

Despite the support and security that the parent-child relationship offers for both parties, it often includes feelings of aggravation, strain and ambivalence. The conflicts between parents and their children are perfectly normal and common, even though they might often become exaggerated. Nevertheless, if parents maintain a positive attitude towards these struggles they will help introduce the child to a responsible and successful adulthood.

During the early years of childhood, both the mother and father are idolized by the child. Thus, maintaining parental approval is critical for the child even when they reach adulthood. As a result, parents should offer their child their approval by always assuring their love and support. Parents expressing their love by a simple phrase of "I love you" will help the child guarantee that they are in a strong relationship with their mother and father.

In addition to expressing their love, parents should bond with their children. The establishment of a close relationship with the parents is correlated with various positive outcomes later in the child's life. These positive outcomes could include enhanced academic performance and less behavioral problems.

Parents could bond by spend time with their children. Little children enjoy playing with dolls, ball or make believe with their mother and father. Moreover, adolescents might appreciate spending time as a family playing other games such as: video games or card. As a result, spending precious time as a family will help children and parents reveal their true selves and share fun and memorable moments.

Spending daily time as a family should also become a ritual for the child. Parents should help establish an eating routine for the whole family. Eating meals as a family is essential because it opens up a window for conversation and sharing day-to-day updates. Being seated together at the same table, both parents and children are able to enjoy the presence of each other.

Good communication is the most crucial facet of maintaining a close parent-child relationship. To assure accomplishing fine parenting skills, parents should discuss with their child various important issue such as: school performance, puberty, sex education and drugs. By

openly discussing sensitive issues, the child will be provided with resourceful knowledge that can aid them to lead a more fruitful and safer life. Moreover, these conversations will help highlight the parent's concern and interest in their child's life.

Parental concern and interest should also extend to the child's acquaintances. Parents should be aware of their child's friends in order to raise a more socially clever child. Knowing and meeting the child's companions can help prevent involvement in negative social activities. In addition, knowing the child's location at all times can help boost the parent's attention on the child's social behavior.

The fact that parents are protective over their children and remain a central figure in their lives, struggles for independence might arise later on. One of the difficulties that parents face is granting their child the freedom of becoming independent. Parents often find themselves struggling to stay in control over their children's lives in order to ensure the "right" upbringing.

Despite the hurt and rejection that they might feel, parents should understand that their children will eventually grow up and become able to care for themselves as adults. Parents should understand that their children are also fearful of losing their parents love and approval if they become independent. Thus, parents should respect their child's independence and avoid making them feel guilty for leaving their mother and father's circle of dependency.

Building a successful parent-child relationship requires endeavor and hard work. Parenting is a burden of responsibilities, yet children should remain a priority in their parent's lives no matter what. Thus, by maintaining good communication through a close relationship, parents can ensure that their children will stay connected to them at different ages. Children grow up so fast, hence parents should take advantage of every second they spend with their child in order to guarantee that their child will enjoy coming back home for a visit as an adult.

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