

# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

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# Building deep relationships with kids

Building a strong relationship with their children is every parent's dream. Here are some time-honoured ways of doing this ... if you can stick to them.

Every parent I know wants a great relationship with their children.

An effective way of promoting such relationships is through rituals and traditions. Rituals and traditions build close families.

For example, most strong families I know are underpinned by a strong food culture. In these families, every kid, no matter what their age, is expected to come to the meal table. Kids in these families are generally also expected to participate in other rituals and traditions.

This can require some parenting spine, but these rituals build wide relationships – that is, they gather the tribe together creating a wide relationship circle.

Individual parent-child relationships need to go deep. Deep relationships provide leverage. They also survive the potential storms of adolescence, during which relationships can become stormy and intense.

Certainly some ages are more amenable to positive relationship building than others. Developmentally, it's easiest to build deep relationships in the opportunity years of latency: five through to ten years of age.

The easiest way to build a deep relationship between yourself and each of your kids is to spend regular one-on-one time together.

- Go somewhere for a whole day with a child.
- Go away for a weekend with just one child. Do things you enjoy.
- If possible, go camping.
- Talk. Cook. Mooch.

These shared experiences can have a magic impact on relationships. They can sometimes lead to vast improvements in children's behaviour.

Another way to build deep relationships is to share an interest with a child. Having something in common, whether it's a shared love of sport, books or a hobby, creates an individual bond that goes deep. A shared interest also creates 'natural' opportunities for one-on-one time.

### Make it happen

- One-on-one time needs to be organised.
- It generally won't happen by accident.
- It takes time. It takes energy. It takes a support mechanism to make it happen. Most of all it takes permission.
- But one-on-one time is so worth the effort.
- One-on-one time is the coat hook upon which each of your children will hang their memories of you.

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