



9 Ways to Forge Loving Ties that Last a Lifetime in Your Children

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Children have an amazing capacity to learn. They're like sponges in the early years and they easily form memories that are cherished for a lifetime.

There are many things you can do in order to build loving ties that last. It's a great way to **teach your children trust and companionship**. When you foster a positive relationship with your kids, it'll be far more likely that they'll continue to build happy and healthy relationships in the future.

Here are some ways to forge loving ties with your children:

- 1. Show your gratitude.** You may feel gratitude for your children at every moment, but it's what you project to *them* that matters. Make sure you verbally and physically show them gratitude. When you do, the message will come across clearly that you care.
- 2. Exemplify respect.** Respect your children, just as you ask them to respect you. They'll appreciate the saying, "*treat people the way you'd like to be treated*," if it's something that you practice as well.
- 3. Love them unconditionally.** There will certainly be times when your children disappoint or anger you, but make it clear to them that ***you still love them even when you're upset with their actions***. It doesn't mean you *condone* their behavior, but it *does* mean that you *love* them no matter what!
- 4. Make time for them.** You'll build stronger ties when you make time for your children and make an effort to participate in their interests. Ask them what they'd like to do and get involved in their life. This is a great way to enjoy some bonding time with your kids.

5. **Encourage them.** When your children face a challenge, it's an opportunity for you to step up and help. ***Be there to nudge them in the right direction*** without being too pushy. Give them words of encouragement and let them know how much you believe in their abilities.
6. **Help them build confidence and independence.** Tell your kids that they can accomplish anything with a positive mindset. Encourage independence in your children so they can remain confident even in situations where you're not around to help out.
7. **Listen.** Listen to your kids. They have many important lessons, ideas, and stories to share! When they know that you're truly listening to them, they also know that you care and love them.
8. **Make dinner together.** Having meals together as a family is important because many times that's the only time of day where everyone can be together. Instead of being silent or making small talk, use the opportunity to share love and support. Later in life, your children will remember these wonderful family dinners.
9. **Schedule family time.** Establish regular opportunities dedicated to building memories with your family. Let each family member choose an activity to enjoy together. Laughing and having fun together will help to build ties that last forever.

When you use these tips to show your family how much you care, the feelings are more likely to become mutual. Spend one on one time with each member of your family and get involved in each other's lives to connect on a deeper level. It's those moments of sharing that will last a lifetime!