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**BUILDING GOOD FAMILY RELATIONSHIPS**

**Our Daily Bread Parenting Video Series 2020**

with Stephanie Choong

Video 1

**KNOW YOUR CHILD, KNOW YOURSELF**

**Heart Framework**

**H** - Heart of unconditional love

**E** - Ear that listens

**A** - Acknowledgement – of your child’s achievements and your mistakes

**R** - Respect and Rebuke

**T** - Together – talk together, laugh together, cry together

**Thinking About My Child**

* List 5 strengths and 3 weaknesses of your child

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| **Strength** |  | **Weakness** |
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| Notes: |

Video 1

**What Does Your Child Think of You?**

* You love them
* You care for them
* You are worried for them
* You trust them
* You are proud of them
* You are their hero/heroine
* You worry too much
* You do not understand them
* You do not let them choose (friends, CCA, subjects, school, career)
* Sometimes it's better not to let you know everything because you will overreact
* Others:

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**Understanding Yourself and Your Child**

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| Being aware of your parenting style |  | Understanding your child's personality |
| * Dominant, strong-willed * Inspiring, imaginative, charismatic, entertainer, spontaneous * Peacemaker, protector, warm * Conscientious, conservative, cautious, logical, practical |  | * Strong-willed, stubborn, bold * Friendly, adventurous, sociable, popular, caring * Steady, easygoing * Perfectionist, detailed, thorough |

Video 2

**COMMUNICATION**

**Means of Communication**

* Show through physical touch, e.g. lots of hugs, pats on the shoulder
* Express through words, e.g. “I love you”, “I am proud of you”, “I am so glad you are my son”, “Good job”, “Are you okay?”
* Use digital channels, e.g. WhatsApp, Facebook, Instagram, and encourage, not criticise or interrogate
* Write a short note or a long serious letter (whatever is necessary)
* Arrange one-to-one outings
* Have conversations over leisurely family dinners
* Hold family discussions

**Let’s Talk – What About?**

* Think of your kids as friends
* Mentor your kids—you should be their first stop
* Do the things they want to do—music, movies, sports, comics
* Work on your personality—Who are you? What do you stand for?
* Share about your life, your past, what makes you happy or sad
* Tell jokes
* Be passionate—they will listen if you have something to say
* Sit in and influence as equals—don’t talk down
* Building up your child:
  + Catch them doing something right
  + Make encouragement your automatic response

Video 2

**Dos and Don'ts in Communicating**

* **Do** talk to your child daily about anything and everything
* **Do** be generous in praise and encouragement
* **Do** watch your body language and your own mood when you are speaking to your child
* **Do** have a sense of humour, be light-hearted, and be fun
* **Do** gently correct wrong attitudes and behaviour at the right time in the right manner and tone
* **Do** give space for mistakes, forgive generously, persevere in helping them in their purpose
* **Don’t** condemn or put them on guilt trips
* **Don’t** interrogate your child
* **Don’t** criticise or be a wet blanket
* **Don’t** scold them in front of friends
* **Don’t** compare them with their siblings, cousins, or friends

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| Notes: |

Video 3

**DOING LIFE TOGETHER**

**Walking the Talk**

* Lead by example
* Talk is cheap—must walk the talk
* Truth is passed through parents’ lives, not spoken
* Children must see the fullness in parents’ lives
* Children must find parents’ lives attractive

**What About the Tough Stuff?**

* Studies—motivate, encourage, understand, do not bribe or threaten
* Friends—discern character rather than abilities and grades, learn to stand alone
* Make wise choices—choose what is best rather than what is good
* Encourage excellence instead of mediocrity in every area of life—not just academic results
* Focus on holistic growth, character

Video 3

**Parent-Child Projects**

* Movies—let them choose
* Electronic gaming—learn to play their games
* Board games—check out cafes where groups can play board games
* Mission trips together, driving holidays
* Meals, e.g. pizza parties, ice-cream bashes
* Birthday parties—yes, even for teens, and let them plan!
* Welcome their friends into your home
* Surprise them with a small gift, a special meal
* Family Bible study—take turns to lead, prayer time

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| What I plan to do, with God’s help: |