

## 10 ideas for parents

**It takes time and commitment to make any change, and in a parenting relationship it can be even more challenging - here are 10 ideas to help you along.**

- 1) Admit you don't know everything and give an example of a wrong decision you made with them and discuss it.
- 2) Tell them you love and trust them and hug them frequently
- 3) Tell them and show them with your actions that you respect them.
- 4) Ask their views and advice on a simple challenge in your relationship and progress into more sensitive issues that have more impact on your relationship.
- 5) Allocate regular quality time to discuss what support they need in school/college/work/anything else.
- 6) Ask them what is the most important thing you could do to improve the relationship and do it.
- 7) Ask what everyone in the relationship could do to improve it and discuss the necessary strategies to be successful. Also consider when, where and how this would be most suitable.
- 8) Ask them if they are happy in their life and in what areas.
- 9) Ask them if there are any areas they are unhappy with and help them with a strategy to overcome it.
- 10) A very important action - celebrate each step of achievement to reinforce their success.