



What does it take to connect?

QUALITY TIME TAKES TIME



As the saying goes, it takes a village to raise a child. For a child, this village is their home: the family. Every member of the family is connected through relationships: spousal, parental, or sibling. In order to thrive in a society, one needs to invest in building the grass root level relationships. What gets etched at the formative stage, involuntarily transitions to the next level of social relationships. It starts with parents building connections with their child/children. This is a major part of parenting!

It takes time, readiness, willingness, consistency and perseverance for parents to spend meaningful and purposeful time with their children amidst their busy work and home schedules. "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically," writes Steinberg PhD, a professor of psychology at Temple University in Philadelphia.

Parents do spend incredible hours with their children while travelling to a holiday destination, go shopping, go driving together after school etc. Although these moments hold tremendous value in building a great relationship with the children, their needs seem greater. There is a need for parents to connect with their children by setting aside one on one time with them. This channelizes for them to be at ease, to speak their heart out, and finally feel deeply valued by their parents. The idea is for parents to set aside the time and go extra miles to make these memorable times happen. By doing so, our children get a very loud and clear message that they are invaluable to us.

Well, how to respond to such conversations is a topic in itself and will appear in the parenting articles to come.

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