**THIRTEEN (13) WAYS TO BOND WITH YOUR CHILDREN**

**By**

**Pastor Owen E. Jack**

1. Spend quality time with your children separately and together.
2. Find out their interests, hobbies, concerns and struggles.
3. Have open communication about sensitive issues such as drugs and sex.
4. Have family dinner together at least five (5) times a week.

* Talk about your activities for the day.
* Talk about moral values and choices.
* Teach spiritual lessons.

1. Never judge, criticize or make your children feel they are making the family look bad by their behavior. Let them feel they can talk about anything.
2. Share with them the will of God from the Bible and pray with them when they go wrong.
3. Set aside time every week to play and have fun.
4. Have morning and afternoon family worship.

* Let it be short, joyful, edifying and spiritually nourishing.
* Give them an opportunity to conduct family worship.

1. When they fail or did not perform well, comfort them and let them figure out what lessons they learnt from their experience, and assure them they will do better the next time.
2. Attend P.T.A. Meetings, their graduations and other important events in their lives.
3. Congratulate them on their successes and affirm them everyday for something you see in them.
4. Apologize when you hurt them.
5. Never give up on your children. They will make mistakes, and so will you. Model what it is like to extend grace to them when they err.