

NURTURING THE RELATIONSHIP SEG. 14

INTRODUCTION: This activity is designed to help you strengthen your relationship with each of your children. Although you should complete the exercise independently for each son or daughter, you can record all of your answers on one form.

STEP ONE: Look over the list below and identify 2-3 ideas that you believe would help you strengthen your relationship with each son or daughter. If you have your own ideas, use the space provided to write in that idea. Write the child's name to the left of the ideas you have selected.

SON/DAUGHTER'S NAME(S)

IDEAS THAT TAKE 5-10 SECONDS

_____	• Let them catch you smiling at them
_____	• Give them a hug or show some sort of affection
_____	• Give sincere compliments
_____	• Express appreciation
_____	• Admit your faults and apologize
_____	• Accept that your child is different from you
_____	• Have a sense of humor
_____	• Be more playful, lighthearted, and relaxed with your son/daughter
_____	• Recognize your son/daughter's strengths and efforts
_____	•
_____	•
_____	•
_____	•

SON/DAUGHTER'S NAME(S)

IDEAS THAT TAKE 10-15 MINUTES

_____	• Listen instead of interrupting, correcting or lecturing.
_____	• Write a personal note of praise or appreciation
_____	• Provide a small act of service
_____	• Sit down over a piece of pie
_____	• Ask about their friends/get to know their friends
_____	• Talk about your son/daughter's interests
_____	•
_____	•
_____	•
_____	•

SON/DAUGHTER'S NAME(S)

IDEAS THAT TAKE 30 MINUTES

	<ul style="list-style-type: none"> • Ask your son/daughter to teach you something
	<ul style="list-style-type: none"> • Play a video game with them
	<ul style="list-style-type: none"> • Find them and join them at what they are doing
	<ul style="list-style-type: none"> • Do something positive/funny that they wouldn't expect
	<ul style="list-style-type: none"> • Set aside regular time to spend with them one on one
	<ul style="list-style-type: none"> • Go out of your way to do something you know they would appreciate
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •

SON/DAUGHTER'S NAME(S)

IDEAS THAT TAKE 60 MINUTES OR MORE

	<ul style="list-style-type: none"> • Go on a hike with them (one on one)
	<ul style="list-style-type: none"> • Attend events where your son/daughter is performing
	<ul style="list-style-type: none"> • Surprise them by checking them out of school to go to lunch
	<ul style="list-style-type: none"> • Go to a movie of their choice
	<ul style="list-style-type: none"> • Do something with them that is their idea
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> •

STEP TWO: For the next several weeks, be diligent about turning these ideas into action. Take time to record your efforts and observations in the spaces below.

NAME OF SON/DAUGHTER:

NAME OF SON/DAUGHTER:

NAME OF SON/DAUGHTER:

NAME OF SON/DAUGHTER:

STEP THREE: You may start to feel that your efforts are in vain, or that your son/daughter is even resistant to your attempts. Please don't give up. Sometimes those who need our love the most are the ones who push us away the most. Instead, talk with your co-parent, a friend, or your program therapist and share your efforts and struggles with them. Ask if they have any ideas for you. Ask what's worked for them as they have tried to connect with your son/daughter. Record what you learn as well as any promptings you may have. Then, keep moving forward!.