Hello everyone, my name is Đăng. In this video I want to share with you five most important things to have a good and healthy relationship between child and parents.

First of all, “Show Your Love”. It is important that your child receive gentle, loving touch example: hugs..from you several times throughout the day. Treat every interaction as an opportunity to connect with your child. Greet them with warm expressions, give eye contact, smile, and encourage honest interaction.

Second, play Together. Play is so important to a child’s development. It is the tool through which children develop language skills, express emotions, foster creativity, and learn about social skills. Additionally, it is a fun way for you to strengthen your relationship with your child.

Third, eat meals together. Eating together as a family can often lead to great conversation and bonding time with your child. Meal time is also a great opportunity for you to teach your children the importance of a healthy and balanced diet, which also effects their overall mental health.

Next, say “I love you” often. When your child is being difficult or does something you don’t like; this can be an excellent opportunity to remind them that you love them unconditionally. A simple “I love you” can have a major impact on your long-term relationship with your child.

Finally, listen and empathize. Connection starts with listening. Try to see things from your child’s perspective. By listening and empathizing with your child, you will begin to foster mutual respect.