

# Parent-Child relationships: getting it right

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Children don't only develop attachment to those who meet their needs; they also develop interest in those that give them attention. The foundation of a child's development therefore, depends on the quality of parent-child relationship. The parent child relation is one that nurtures the physical, emotional and social development of a child. Every child has right to this unique bond as the child's behavior, life choices, personality and mental health depends on it.

Some parents may lack the skills to meet their child's needs or maybe unable to manage their child's behavior and it becomes difficult for the child to adapt their behavior to suit the environment. In order for a parent child relationship to be healthy, the parent must be available, responsive, reliable and also able to set

appropriate rules or boundaries.

Children benefit from having someone listen to them and praise them for their accomplishment. A child appropriate behavior is usually emulation of a healthy parent-child relationship.

A number of studies have recommended healthy parent child relationship as one of the vital steps to raising happy children who will make a positive contribution to the society because children tend to grow in the direction they spend more time with.

Parents are the role model for their children. The child observes how their parents respond and react to them and to other people around them. In light of this, they learn how to ask for support when they need it and develop skills for coping with challenging situations.

## **Benefits of a healthy parent child relationship**

### **Benefits to the child**

1. Growing with a healthy attachment to parents, children stand a better chance of developing happy and content relationship with others.
2. Under stress and difficult situations, they learn to manage or regulate their emotions.
3. An optimistic and confident child social behavior is achieved.
4. It lays the foundation for a child's academic improvement.
5. The child gains problem solving skills.
6. It improves their mental health. Children are able to voice out their thought and seek advice about issues troubling them.

### **Benefits to the parent**

1. The opportunity of being there for the child is provided.
2. It strengthens parental bond. An unbreakable bond is secured for mutual emotional well-being.
3. Parents learn to appreciate their children as they begin to have a mix of personalities.
4. It increases the parent's awareness of their child's strengths and weaknesses.

5. Parents have the opportunity to role model the behaviours they expect of their children. It is important for children to see how their parents cope with risks and problems so that they can grow into their parent's version later in life.

### ***Additional Information for Parents***

[Parenting a Child who has Experienced Abuse or Neglect.](#)

[Markham, L. \(2016\). Building a Great Relationship with Your Child.](#)

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