

Simple Ways To Connect With Your Child

Today's family is very busy. Most families have both parents working. But making time for spending quality time as a family is a very important investment of your family's time.

Here are some reasons to make time for family time.

- ✓ Spending time together enjoying fun activities is associated with kids and parents having a stronger emotional bond. These activities don't have to cost much money. The simplest activities that your family enjoys and does together counts as quality family time.
- ✓ Spending time as a family is associated with better communication amongst family members and children.
- ✓ Kids who spend time communicating with their parents tend to do better at school.
- ✓ Teenagers who are actively spending family time with parents tend to have less behavioural problems.

Young children learn their habits from you, their parents. You are the most influential person in your child's life. Family time gives children the opportunity to learn and model your behaviours.

~ Some simple ways of connecting with your child ~

1. Listen.

Listen attentively to anything your children want to tell you, no matter what.

If you don't listen eagerly to the little stuff when they are little, then they won't tell you the big stuff when they are big, because to them, all of it has always been big stuff.

2. See Them.

When your child enters the room, look up from what you are doing, look them in the eyes and smile. Acknowledge your child and listen to them.

3. Acceptance.

Accept your child's temperament. Every child has a unique temperament. Accepting a child for who they are helps them to feel secure and okay with their personality and identity.

4. Special Moments.

If you are too tired to spend time with your child then invest in Quality Moments which requires many hours of little moments - talking about your children's day, having conversations, reading and telling stories. If you have more than one child, remember to schedule special time with each kid, it doesn't have to be something **BIG**, it could be an evening stroll where you give your **FULL ATTENTION** to the child. It makes them feel special and loved.

5. Talk To Them.

Another way to connect is during bed time, either read to them or talk to your child about their day, listen and do not judge. 15- 30 minutes of quality time means a lot to them.

1. Go to a beach.
Sandcastle building, Frisbee or simply muck around on the sand – these are great family bonding activities! Beach outing is a perfect combination of sun, sea and sand, which offers something for everyone in the family.
2. Marina Barrage.
Fly a kite and have a potluck session with your family in the afternoon or evening! Bond over homemade finger food (which you can engage your little ones in!) and hearty laughter and chats. As if that’s not enough, you’ll be spoilt with the beautiful scenery of Marina Bay!
3. Go on a Walking or Cycling Trail.
Get in touch with nature as a family as you embark on a trail walk or cycle through Singapore’s parks, gardens and park connectors.
The Southern Ridges Trail – spanning Mt Faber, Telok Blangah, Kent Ridge and Hort parks – is one of the best walking trails in Singapore. It meanders through 10km of lush forest and canopy walks, and crosses the Henderson Waves, Singapore’s highest pedestrian bridge. You may download the eguides at <https://www.nparks.gov.sg/eguides>
4. Peranakan Musuem.
Families can make arts and crafts based on the museum’s extensive collection. It’s a great opportunity to bring out your creativity and learn some fascinating cultural history along the way. There will also be special themed tour of the galleries, which are sure to educate and delight. Dress up with the whole family in a batik shirt or sarong kebaya, and enjoy a fun-filled Sunday at the Peranakan Museum!
Admission is free on every second Sunday of each month!
5. Gardens by The Bay.
Gardens by the Bay features “Supertrees” that stretch up to 50 meters into the sky (great for stunning panoramic views), two giant domed conservatories with over 200,000 plants, and plenty of gardens and beautiful green spaces for the whole family, and especially the young ones, to get in touch with nature and learn more about all sorts of flora and fauna. A world of adventure awaits at the Far East Organisation’s Children’s Garden! Have a fun-filled family day with interactive play delights, water play features and educational programmes in a lush natural setting of Gardens by the Bay.
Admission is free! Opening hours: Tuesday to Friday- 9am-7pm. Weekends and Public Holidays 9am-9pm.
For more information, visit <http://www.gardensbythebay.com.sg/en/the-gardens/attractions/childrens-garden.html>

Have a Happy Bonding Time

