

Bonding better with your child requires you to do things differently

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SUMMARY

Implementing three simple daily practices for 30 days can significantly enhance your bond with your child. These practices focus on physical affection, gratitude, and shared rituals to foster emotional connection and positive reinforcement.

- *Hug Time***: Hug your child 12 times for 20 seconds each to improve emotional regulation and connection.
- *Thrive Track***: Each night, list three positive things your child did or reasons to be grateful for them to shift focus to their strengths.
- *Ritual Roots***: Establish a 5-10 minute daily ritual that your child enjoys, such as a walk, game, or music session, to create shared experiences.
- *Emotional Benefits***: These practices are designed to enhance emotional well-being and strengthen parent-child relationships.
- *Consistency is Key***: Commit to these activities daily for a month to see noticeable improvements in your bond.
- *Positive Mindset***: Focusing on the good in your child helps cultivate a positive environment for growth and development.

do these three things for the next 30 days and I guarantee you that your bond with your child will improve drastically the first thing is called hug time research shows that hugging your child 12 times for 20 seconds every time can improve the emotional regulation and connection with the parent the second thing is called Thrive track here you have to make a list of three good things that your child did in a day or three reasons why you're grateful for your

child just before you go to bed this will train your sub conscious mind to notice the good in your child and allow your child to thrive and the third thing is called ritual Roots where you create a small 5 to 10 minute everyday ritual some examples of everyday rituals are 7 minute walk with your child 10 minutes of world ladder games 10 minutes of family drive and music make sure that this daily ritual is something that your

child enjoys and is looking forward to every day save this video and make sure you do these simple three things with your child