

## Parent-Child Connection - The Core Relationship that Rules the World

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The world that you are raising your children in has changed tremendously in the past 20-30 years.

- There seems to be more to be anxious and fearful about.
- Technology has changed our world forever. Kids, youth and young adults today do not know a world without cellphones and other forms of media that connects them to news and trends almost instantly and shape their view of the world.
- There are apps to keep track of feedings, diaper changes and extra curriculum activities. You can google "Is this normal behavior for my 10-month-old, 6-year-old or middle schooler?"
- People are living longer, and grandparents are more involved in their grandchildren's lives than ever before. We see many more 3 and 4 generation families.
- Yet, as a global community, we often live far from our extended families.
- In many (most) households, both parents work outside the home.
- More single parents are raising kids alone.
- An increased number of children are being raised by grandparents.
- A much higher percentage of separated/divorced parents are navigating new challenges on their parenting path.

The thing that hasn't changed is that the most important component in raising your child is your connection to him or her. As parents, our connection and relationship with our children are the building blocks for their future relationships. Taking time to talk and listen, really listen, to our children is essential.

Connection is key, it is the heart of the matter! Children learn how to interact with others by watching and relating with us. Plus, strong family connection supports more cooperation and harmony in the home.

Dr. Brene Brown--professor, author, and speaker said after sixteen years of research, "I am sure of one thing: Connection is why we're here; it is what gives purpose and meaning to our lives...Connection is the energy that is created between people when they feel seen, heard and valued: when they can give and receive without judgement."

Parenting is an inside job. Regardless of all the technological advances, parents will always be the most important source of information and values for their children. As you and your partner guide your children through your relationship with them, you support them in learning to make good choices, taking responsibility, and learning from their mistakes.

Through this connection and support, they develop a moral compass--an inner voice--that can guide them throughout their whole life. In fact, I believe that the parent-child connection is the core relationship that rules the world. If it is strong and solid, we have healthy men and women. If it is broken and fragmented, we have a wounded world.