

### **How to Strengthen Parent-Child Bond**

- Parents must accompany their children at the time of lunch or dinner.
- Parents must ask their children how they spent their day?.
- Playing games together strengthens the parent-child bond.
- Cuddling! It strengthens the parent-child bond.
- Being respectful--and expecting the same--strengthens the parent-child bond.
- Letting kids help you strengthens the parent-child bond.
- Showing your child your love daily strengthens the parent-child bond.