

What Parents Say About Tools to Create Family Bonds

Here are some things parents have said about how these tools have had a positive impact on their families.

One-on-One Time

“I think that’s what made it work for me, was seeing the joy that it brought to him and how he then almost looked forward to it, but also kind of expected it, too.”

“I have two kids, and then they each were able to get some undivided attention from me without the other child present. And when going through grief, they were both really needing some more attention. . . . And it . . . does wonders for any kid to get that attention from the parent. And the cool thing is that it really works after 15 minutes.”

“As a parent doing One-on-One time, I was able to understand each child and their own feelings, their own mental feelings, their own emotional feelings, and they knew that they had time to talk to me about anything.”

“I realized that having a one-on-one, that I was actually gaining more knowledge about my children, because I actually had the time to focus and listen.”

“One-on-One time made a difference with my family on a connectivity level. The girls would really open up on those occasions where we had the One-on-One time, where the conversation would be flowing. It would give us the opportunity to work through things, or just for me to hear things that I would not have heard.”

Catch ‘em Doing Good

“It started to give my daughter the self-esteem that she needed to be able to move forward. And then she started to focus on the things that she was doing right. So she started to get that positive attention by doing good things. . . . And it keeps growing bigger and bigger and bigger until they’re doing all these great things on their own, because she felt like she was appreciated.”

“My son feeds off of positive reinforcement. . . . it was a joy to see him receive that.”

“I started being able to compliment her more. . . . And she started helping more willingly, instead of us fighting back and forth and having a clash.”

“Complimenting them, telling them ‘thank you,’ even with the smallest acts, even if it’s just completing their homework, or reading, or taking out the trash, really builds their self-esteem back up. It seems like they seem more interested and happy to do the things that I’ve complimented them on.”

“It lifted my girls’ spirits when I would catch them doing good. . . . my oldest daughter just the other day told me that her love language is words of encouragement and it’s so true.”



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It can be
challenging
to start doing
something new
and it can help
to have an idea
of what the
benefits may be.

MODULE 2: Create Stronger Family Bonds

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