

Easy Ways For Dads to Bond With Kids

Description

As a dad, you may find it a bit of a challenge to bond with your children. Whether you're a stay-at-home dad or a working man, it's important to carve out time to connect with your child on a personal level. You can bond with your kids through simple ways, so read on to find out how:

Cook with them

When cooking healthy food is something you enjoy doing for your family, you're already on the right track. To instill the importance of eating healthy in your children, have them sit in the kitchen with you and watch while you cook. You can even let your child tag along while you go grocery shopping and show them how you pick out your ingredients. Make [black bean burgers](#) that everyone can enjoy. Have them help to measure out the amount of each ingredient you need so that they can have a hands on experience.

Help with homework

When your kids get home from school, it's very easy to get lost in the chaos of getting dinner ready while they do homework. Instead, make this a time where you can be together. Sit down at the kitchen table and ask your child what they've learned about in school that day and offer to help. Even if they don't necessarily need help with completing their homework, they can explain what they're doing and you can provide tips.

Watch a movie

After a long day (or a long week), you and your family might just need a break. You can have a relaxing night at home together, enjoying each other's company. Choose from a [selection of family Christian movies](#) and sit back and watch before heading to bed on a given night. You can make this a weekly occurrence or just something you enjoy together on a family night. Even if you don't talk throughout the movie, you're still finding little ways to bond with your kids by just spending time together.

Let them help with chores

Instead of going off to complete your chores alone, invite your kids along. Let them assist while you wash the car by layering on the suds or washing it off with water. If you're fixing something around the house, show them what you're doing and let them be your little helper. While you may just consider your work around the house a chore, they will likely enjoy spending the time with you and find interest in learning something new.

Read to them before bed

A great way to connect with your children is to start and end your days by making time for them. When they get into bed, take a few minutes to lay with them and read a story. You can read [free bedtime stories](#) that they'll enjoy, but most of all they'll cherish those few minutes before bed when they

get to hear your voice and be close to you.

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