

## Tips to Enhance Parent-Child Relationships and Help Children Face Life's Challenges

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In recent years, news about patricide and matricide has become alarmingly common. I was deeply saddened to hear a middle-aged daughter express her grievances against her mother on a talk show, and I couldn't help but think, "A piece of char siu (BBQ pork) would be better than giving birth to her." The miracle of life, which should bring endless joy, has tragically turned into a painful saga for both parents and children.

These tragedies and tales of wayward children are starting to emerge in modern society, fundamentally rooted in severe deviations in parent-child relationships, the familial bonds connecting family members, and the roles of individuals in family responsibilities. This results in resentment and blame, leaving them powerless to combat negative influences, even resorting to harming others in a misguided quest for relief.

### **Children Walking the Right Path Depend on Parental Values**

Although parents feel heartbroken, they ultimately cannot turn back time to rebuild affectionate connections with their children or restore the value of family ties. People do not get to choose their parents; they can only cherish the bond. However, parents can seize the present moment to show their children that they are the most selfless individuals in the world, allowing them to feel their parents' love and warmth.

Because we never know when we might not be by our children's side, the only thing

that can help them make judgments, prevent them from going astray, and resist negative temptations is the values instilled by their parents and the parent-child relationship! As children, they must understand that regardless of whether family life is smooth or challenging, it is a blessing and a training ground. Through challenges, a person grows stronger, which is an invaluable element of development!

When we witness the tragedies of other families, it serves as a warning to us to avoid walking the same path. At the same time, if parents understand that when they pass away, only their wisdom, culture, and values instilled in their children will remain for future generations, what expectations do they have for their children? I hope for "just to be a good person!" Moreover, storytelling is an excellent way to impart important values and build parent-child relationships!

### **The Value of Family: Building Intimacy from a Young Age**

Parents must strive to build intimacy from their children's early years. The following example illustrates how a mother meets her child's need for security, demonstrating the importance of establishing closeness and empathy:

One day, a two-year-old suddenly raised both hands and pointed his toes, seemingly yearning for the affection of an adult. While we often call this behavior "acting cute," the father said, "Pick him up, okay? Let's see him stand properly first." At that moment, the child turned to his mother, raised his hands again, and pointed his toes, showing a strong desire for care. The mother immediately embraced him, saying heartfelt and selfless words to let the father know, "Ah, the love between parents and children doesn't need to be begged for; love is always present, and we don't have many days to be this close, so let our little one feel our love." This story highlights the values, roles, and responses of being a parent!



Additionally, I would like to share several tips to enhance parent-child relationships and storytelling education:

1. Let children understand your values, viewpoints, and responses through your actions.
2. Do not make children fear your calls or feel annoyed, especially when they are only tested or required to complete tasks assigned by you.
3. Authoritative parental instruction should only apply in situations that endanger health or life; otherwise, just state the consequences and allow children to learn from their mistakes, responding to their anger and pain with a calm demeanor.
4. When children voluntarily share stories, encourage them to express their viewpoints, propose hypothetical scenarios from another role, and analyze emotions and thoughts to enhance empathy.
5. Create opportunities for shared learning and discussions, allowing you and your children to share similar feelings and experiences.
6. If a child's responses to stories reflect skewed values, such as tendencies toward violence or revenge, express your sadness about this and guide them towards reasonable solutions or the benefits of letting go.



In summary, everyone has emotional and psychological needs for fulfillment. To facilitate balanced growth in children through emotions and cognition, parents must cultivate themselves first. Parents should possess discernment and understand the value of their child's entire life: happiness and contribution. Only then can children inherit and spread the mission of love under your guidance.