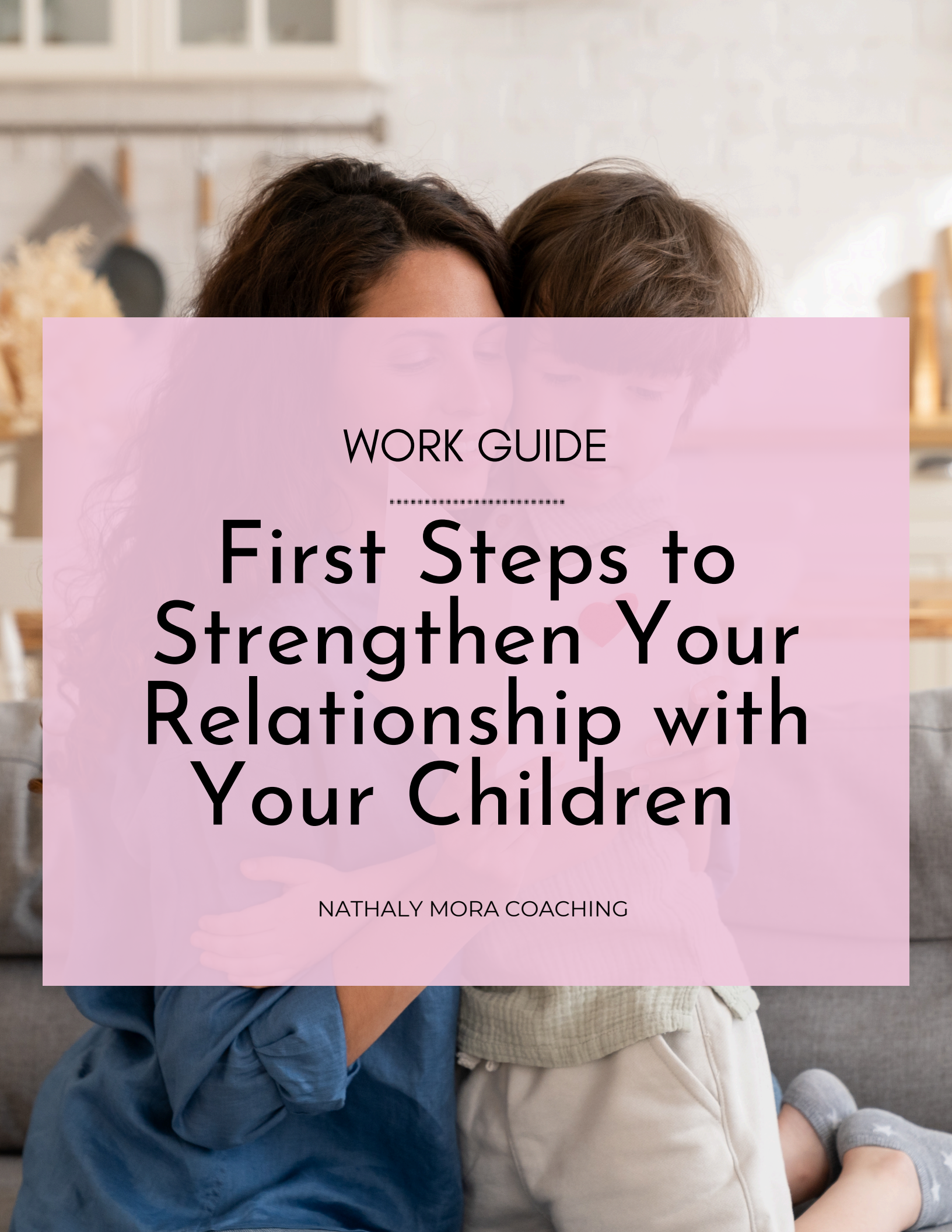

WORK GUIDE

First Steps to Strengthen Your Relationship with Your Children

NATHALY MORA COACHING



Introduction

Building a strong, loving relationship with your children is one of the most valuable gifts you can give them. These first five steps will help you strengthen that special bond and create a more harmonious and connected family environment.

Applying these first steps can make a big difference in your relationship with your children. Remember that the process takes time and effort, but every small step counts. Congratulations on taking the first step toward a stronger, more loving connection with your family!

For more resources and support, feel free to contact me at nathalymora.com.



1 Active listening

Active listening involves paying full attention to what your child says, without interrupting and with empathy. This shows that you value their feelings and thoughts.

Activity for moms:

- **Daily Exercise:** Dedicate 10 minutes each day to have a conversation with your children without distractions. Ask them about their day, their feelings and listen carefully.

- **Weekly Reflection:** Write down how you feel after these conversations and how your children respond. Adjust your approach as necessary.



2 Quality Time

Quality time is not just about spending time together, but about being present and engaged in meaningful activities.

Activity for moms:

- **Activity Plan:** Choose an activity that you both like (playing, reading, cooking) and establish a weekly schedule to do it. Use this time to connect and enjoy each other's company.

- **Activity Diary:** Keep a record of the activities carried out and your child's reactions. What activities were you most enjoyed? What could you change to improve the experience?



3 Positive Reinforcement

Sincere praise and positive reinforcement help your children feel valued and motivated. This also strengthens their self-esteem and their relationship with you.

Activity for Moms:

- **Praise Log:** Each day, find at least three positive things to praise your child. They can be big or small accomplishments, and be sure to be specific in your praise.

- **Praise Mural**: Create a mural or board at home where you can write praise and notable achievements. This not only celebrates successes, but also serves as a reminder of their value.



4 Setting Boundaries with Love

Setting clear and consistent limits with love and respect helps children understand what is expected of them and promotes harmonious coexistence.

Activity for Moms:

- **Rule Review:** Review family rules and expectations with your child in an open conversation. Make sure they understand the purpose of the rules and how they apply.

- **Action Plan:** Create a plan to address and correct inappropriate behaviors calmly and consistently, using positive reinforcement and appropriate consequences.



5 Model Positive Behaviors

Children learn a lot by watching their parents. Modeling positive behaviors, such as empathy, patience, and conflict resolution, teaches them to replicate these behaviors in their own life.

Activity for Moms:

- **Self-assessment:** Reflect on your own behaviors and attitudes. How can you improve to be a better role model for your child?

- **Modeling Day**: For a week, choose a positive behavior to focus on and see how it affects your relationship with your child. Share your observations and learnings with him/her.

Hello! I'm Nathaly Mora

My mission is to support moms who want to rebuild their relationship with their children and create a loving and healthy family environment.

With my experience as a mother and life coach, I help mothers improve communication, resolve conflicts and build deep connections with their children.

How do I do it? Through personalized sessions, workshops and resources designed to guide them through every step of the process. My goal is that every family can enjoy a stronger and more harmonious relationship.

NATHALYMORA.COM

