Everyone wants their family to be happy. There are many relationships within a family, and finding the right balance is key to maintaining a happy and balanced home environment. For this, it is critical to protect and nourish the family relationships.

To start with the parents must take time to communicate and connect with one another. They should connect with each other, then strengthen their bonds with each child, thus also, strengthen connections between children. The key question is how right?

Spending quality time together as a family is key and reinforces the bonds. Here is some practical advice on how to achieve it:

1. **Parents Bonding and Communicating**
   Parents set the model for the family: when their relationship is strong, the rest of the family follows through, no matter what. Therefore, it is key that parents find the time to communicate and openly and transparently discuss daily matters as well as issues. These should be discussed openly and calmly. As a family, a solution will be found.

2. **Include Wider Parents in the Conversations**
   In current families, it is normal to have ‘expanded parents’. Whether they are other close family members, close friends, or others, find the time to communicate the areas that require discipline so all ideas are aligned when speaking to the children.

3. **Invest play time with Children**
   Each parent should allocate time for each child whether it is to play, read or just talk. Time is critical and gives the child the necessary time to be open about their thoughts, questions and even worries.
   Start with the things that the child enjoys the most and understand the child’s point of view. The child will see that their parents value them and their interests and with time will open up to communicate more and more openly too.

4. **Encourage Activities that Promote Cooperation among Children**
   For parents with more than one child, encourage and dedicate time for all children to play together in safe
environments, particularly games that encourage cooperation, collaboration and creativity. This will help them in the long run and create strong links between them throughout their lives. Be aware of excessive competition though, so that it remains healthy and balanced.

5. Dedicate Specific Family Time

Family harmony happens in bits at a time when families spend time together. There are many ways families make this time. For example:

- **Enjoy no - tech family meals together.** It improves communication, physical, mental and emotional health. Talk to and listen to one another. You will be surprised at all that you have in common.

- **Read together.** When kids are little, parents might read to them and as they grow, children can take turns reading. Teens may balk at participating but the memories will last for a lifetime.

- **Set family walks.** A short ten-minute walk each day adds to one hour each week and allows family members to get to know each other better.

- **Learn and teach each another.** Each member knows how to do something unique. Schedule one day per week or month to share your knowledge. This is a great way to show interest in each other’s interests and passions as well as show respect for one another.

- **Establish family traditions for holidays.** Decide what works for you and what everyone likes, this could be a meal out or a picnic. Decide a specific time of the year and create a tradition. This will create lifetime memories and create unique family celebrations.

- **Laugh together.** Do what makes you happy: watch comedy movies, read joke books, see fun videos together or play board games. Families that laugh together are stronger together and family harmony increases.

We hope these techniques help you to maintain your family harmony, remain healthy, connected and with stronger bonds together.