

6 Superfoods Your Super Kids Should Start Eating Now

When someone talks about 'kid's food' we often relate it to grilled cheese sandwiches, burgers, French fries, chicken fingers, and so on. These foods are filled with the goodness of nutrition when they are prepared from high-quality and nutritious ingredients.

However, when they are prepared from low-quality and canned ingredients these foods could be missing out on some vital essential nutrients.

Growing children require more nutrition and healthy fats than adults for the development of their bodies and brains. Usually, people consider 'kid foods' as those that can be quickly and easily prepared. However, it is essential that parents prioritize nutrition when preparing foods for their children.

Below are mentioned a few of the nutritious food options for your kids:

1. Egg Yolks: When purchasing eggs, consider those that are obtained from pasture-raised hens. Do this because such egg yolks are highly effective for the development of nervous systems and brains. They are composed of vital nutrients such as vitamin A, amino acids and choline. It is important to note the large amounts of minerals and vitamins that are contained in the egg yolks as compared to those in the whites of eggs. Thus, include an egg's yolks rather than its white portions when adding them in your kid's food.

2. Bone Broth: As compared to canned chicken broth, homemade bone broth is very nutritive. When the bones cook slowly, their nutrition and minerals absorb into the water and make it very healthy. Homemade bone broth is rich in gelatin, minerals

and glycosaminoglycans, which are very essential for the development of nails, hair and joints.

When all the nutrition of the bone is withdrawn into the water, bones will easily fall apart at the slightest touch. You can add this homemade broth in sauces, soups and casseroles to make them rich in vitamins and minerals. The best thing about homemade bone broth is that it can be made in large batches and stored in the freezer.

3. Grass-Fed Beef: Filled with the goodness of vitamin B, iron and zinc, grass-fed beef is an amazing source of nutrients that are beneficial for the healthy development of children. Studies indicate that grass-fed beef is healthier than grain-fed beef because it contains more amounts of omega-3 fatty acids and less saturated fat. When cooking a grass-fed beef, make sure you use a slow cooker since it can be hard because of its leanness. Cook it for several hours so that it becomes tender and can be easily consumed by young children.

4. Salmon Roe: These small eggs are packed with the nutrition of omega-3 fatty acids. You will be surprised to know that the amount of omega-3 fatty acids contained in these eggs is 3.5 times more than any other egg. Salmon roe is also composed of fat soluble vitamins, antioxidants, iodine and zinc. These power-packed eggs are relished by children. These eggs can be slippery and children are greatly amused when they slip.

5. Coconut Products: Even a small serving of full-fat canned coconut milk, unsweetened shredded coconut or coconut oil is enough to provide effective nutrition to your child. Although coconut products are rich in saturated fat, they don't contain unhealthy trans-fat. As they are high in lauric acid that is also found in breast milk, coconut products work to increase the body's immunity power. The antibacterial and antiviral properties of coconut products make them a perfect choice to include in kids food.

6. Liver: Liver that is obtained from organic and pasteurized poultry is full of the goodness of vitamin A, which is highly beneficial for the growth of infants and children. Vitamin A is also considered one of the most effective sources of usable iron along with vitamin B12. Other nutrients contained in liver are cholesterol and choline, which are essential for the development of the brain.

Liver is an acquired taste; thus, you should start using it in very small amounts at the beginning of your child's development. Use a little shredded liver in meat sauce, meatballs and meatloaf. You may also shred a little bit into an egg yolk. If you are finding it difficult to shred liver, then freeze it. However, make sure that you cook it thoroughly.

Most of the food products for children are composed of food dyes that can be very harmful to their developing bodies. According to the *Center for Science in the Public Interest*, these additives can cause behavioral disorders in children. By cutting back on processed foods and providing a few of these above-mentioned foods to your children you can help give them the needed nourishing boost.

Don Colbert, M.D., *is board certified in family practice and in anti-aging medicine. He also has received extensive training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine health.*

For the original article, visit .

How to Help Your Spouse Have an Affair

More often than not, affairs don't just happen. Oh, sure, sometimes they do, but there are usually things that are said or not said, done or not done, over the years that are contributing factors.

Also, while I'm not suggesting that the husband or wife who has the affair is in any way justified in doing so, a lot of the time the other spouse has helped to push them in that direction. My wife, Susan, and I often say, "In marriage, there are two people and two sides to every story."

The same holds true when we hear the story of a husband or wife having an affair. Both can point to things that led to the infidelity. When it occurs, the "guilty" party is usually slammed publicly by friends and others while the other spouse is talked about as the helpless victim who was wronged by their lowly, good-for-nothing spouse. But people forget that the other spouse's hands may not be completely clean.

So if you want to help your spouse have an affair, do the following:

- 1. Don't really listen.** Act like you're listening, but continue to glance at your emails or the television while they are talking. And be sure not to feel what they feel. After they pour they're heart out to you, just say to them "You shouldn't feel that way" or "Why are you getting so emotional about it? ... It's no big deal."

- 2. Stop having intimate conversations.** When your spouse wants to talk to you about their hopes and dreams for the future, make a really good excuse as to why you can't talk right now, like "I can't talk right now; I need to help the kids with their homework" or "You know my favorite TV show is coming on

now. Can we talk about it later?"

3. Constantly criticize, compare, and degrade. Think of ways you can hurt and tear down your spouse with your critical or comparing words ... "I asked you to do one thing for me and you didn't do it. Can't you do anything right?" Or, "I wish you were more like_____. He's always doing nice things for his wife."

4. Do sports and activities only with your friends. Be sure to schedule golf outings or tennis matches with your friends. Check with your neighbor to see if they want to go for a walk. But by no means, do those things with your spouse.

5. Withhold affection and sex. Want to catapult your mate into an affair? Then be sure only to show them affection when they've done what you asked them to do. And, make sure you are really well rested and "in the mood" before you make love. Oh, and if your spouse has not been behaving like you want them to behave, then cut them off at least for a while.

6. Spend more time on Facebook, Twitter, and the Internet. This is an easy way to push your spouse away. When you have a few minutes after the kids go to bed, pull out your laptop and spend an hour or so posting, tweeting, and surfing. Maybe even take your smartphone or iPad to bed with you.

7. Invest all of your time and energy in your kids. Say to your spouse, "Look, the kids come first." Then, be sure that your universe revolves around your children. If your kids need you to clean their uniform or make their dinner, your spouse will just have to wait. There is just no time for dates with your mate during this season of life. Maybe one day...

8. Of course, no one wants to help their husband or wife have an affair. So do your best not to do the things I've mentioned and avoid these 12 Things That Can Cause Marriage Failure. Reading these 10 Ways to "Affair Proof" Your Marriage may help you too.

Are you doing any of the things mentioned above? What are you going to do about it?

Mark Merrill is the president of Family First. For the original article, visit .

Could That Daily Aspirin Actually Be Killing You?

Aspirin can be a lifesaver when it comes to preventing heart attacks, but it's crucial to take it correctly, says one of the nation's top cardiologists.

Chauncey Crandall, M.D., chief of the cardiac transplant program at the world-renowned Palm Beach Cardiovascular Clinic, recommends that most people over 50 take aspirin regularly. But he says it is important to take the right dose, at the right time, for your particular health situation.

The U.S. Food and Drug Administration recently issued new guidelines saying people without a history of heart disease should not take aspirin regularly because of risks of stomach and brain bleeding.

But Dr. Crandall said there is wide disagreement among cardiologists about the new government warning.

"The regulators are the only ones who have a problem with aspirin," said Dr. Crandall, author of the No. 1 Amazon best-seller *The Simple Heart Test*. "The doctors on frontlines in the battle against heart disease know that aspirin works and that there is little risk if it is taken in the right way. In

my 30 years of practice, I have never had a patient who had bleeding problems because of aspirin.”

Here is Dr. Crandall’s advice about how to take aspirin to prevent heart attack:

- If you are a heart attack survivor or you have a history of heart disease, take one low-dose (81 mg) aspirin daily.
- If you are over 50 and have no history of heart disease, take a low-dose aspirin two or three times a week.
- Take aspirin in the morning. That’s when most heart attacks occur. It’s best to take it on a full stomach after eating breakfast.
- If you don’t have low-dose aspirin, you can break a regular aspirin (325 mg) into quarters, although this can be difficult with some tablets.
- If you take a blood thinner like Coumadin (warfarin), or Plavix (clopidogrel), or one of the newer anticoagulants, like Effient (prasugrel), Pradaxa (dabigatran), Xarelto (rivaroxaban), or Eliquis (apixaban), talk to your doctor before you start taking aspirin regularly.
- Before a plane flight, long car trip, or other situation where you’ll be seated for an extended time, take one regular (325 mg) aspirin the day before you go. This can prevent a blood clot from forming in the legs, a condition called deep vein thrombosis, which can be deadly.
- If you think you could be having a heart attack, chew (don’t swallow) two regular (325 mg) aspirin. Uncoated is best, but use any kind you have on hand. If you only have low-dose aspirin, chew five.
- Taking aspirin along with fish oil and/or vitamin E may cause bruising, especially in the elderly. If you notice bruising, cut back on fish oil and vitamin E.
- Most people can take aspirin safely, but if you are

undergoing chemotherapy or have a blood disorder, taking aspirin regularly may not be safe. Check with your doctor first.

- If you can't take aspirin because you are one of the rare people who are allergic to it, there is an alternative. It's called nattokinase, an enzyme extracted and purified from a Japanese food called nattō. Ask your doctor or alternative medicine practitioner about it.

Chauncey W. Crandall, M.D., ., *chief of the cardiac transplant program at the world-renowned Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Fla., practices interventional, vascular and transplant cardiology. Dr. Crandall received his postgraduate training at Yale University School of Medicine, where he also completed three years of research in the cardiovascular surgery division. Known as the "Christian physician," Dr. Crandall has been heralded for his values and message of hope to all his heart patients.*

For the original article, visit .

Netanyahu: Palestinian Unity Government 'Strengthens Terrorism'

Palestinian Authority President Mahmoud Abbas swore in a unity government on Monday in Ramallah after overcoming a last-minute dispute with Hamas.

"Today and after announcing the government of national unity we declare the end of division that caused catastrophic harm

to our cause," Abbas said.

The formation of the unity government represents a major step toward ending the seven-year rift between Fatah and Hamas, which started when Hamas violently seized the Gaza Strip from Fatah in 2007. The rival factions reached a reconciliation deal in April, a move that led Israel to suspend peace talks with the Palestinian Authority.

Hamas, which has carried out scores of bombing, shooting and rocket attacks against Israeli targets, is considered a terror group by Israel and the West.

In recent weeks, Fatah and Hamas negotiators met repeatedly to agree on a government of technocrats backed by both sides that is to prepare for general elections in 2015.

Ministers in the new administration took an oath of office on Monday in a televised inauguration ceremony in Ramallah, the Palestinian seat of government in the West Bank. The cabinet has 17 members. Three ministers from Hamas-run Gaza were denied entry to the West Bank by Israel.

Fatah and Hamas negotiated until the last minute on Monday over the composition of the cabinet. Hamas demanded that Abbas reverse a decision to remove the position of prisoner affairs minister from the government.

Moments before the start of the swearing-in ceremony, senior Hamas official Khalil al-Hayeh said the dispute was resolved.

In a telephone call on Sunday, Abbas told U.S. Secretary of State John Kerry that the unity government would comprise technocrats, independent professionals without political ties to Fatah or Hamas.

During the call, Kerry "expressed concern about Hamas' role in any such government and the importance that the new government commit to the principles of nonviolence, recognition of the

State of Israel and acceptance of previous agreements with it," U.S. State Department spokeswoman Jen Psaki said.

"President Abbas assured the secretary that the new government would be committed to these principles."

Kerry will reportedly meet with Abbas in Jordan on Wednesday.

On Sunday, Prime Minister Benjamin Netanyahu urged the international community not to back a Palestinian unity government, saying such a move would "strengthen terrorism."

At the start of Sunday's cabinet meeting, Netanyahu called on the international community "not to run to recognize the Palestinian government of which Hamas is a part and which rests on Hamas. Hamas is a terrorist organization that calls for the destruction of Israel and the international community must not embrace it."

Netanyahu convened another cabinet meeting on Monday for a discussion on the Palestinian unity government and potential sanctions Israel could impose on it.

On Saturday, Abbas said Israel had warned him that it would take punitive steps against the new Palestinian government, such as withholding the monthly transfer of some \$100 million in taxes and customs Israel collects on behalf of the Palestinian Authority.

"They are going to withhold our money. This is our money, not aid from Israel, and we will not stay silent. They want to punish us because we have an agreement with Hamas, which is part of our people."

"We are going to react to any Israeli action," Abbas said.

Abbas has said that the unity government would follow his pragmatic program.

"We say [the government] is going to recognize Israel,

denounce violence and recognize the international agreements," Abbas said. "This is a technocrat government. It has nothing to do with Fatah, Hamas or any factions."

It is not yet clear what the American response will be to the formation of the Palestinian unity government. On Sunday, Caitlin Hayden, a spokeswoman for the U.S. National Security Council, said the White House would not comment "until something is actually announced."

For the original article, visit [.](#)

Take Heart: Chocolate Can Be Good for You

Although recent studies suggest the resveratrol in red wine, chocolate, and grapes might not be as healthful as previously thought, take heart. Chocolate contains other ingredients that are good for you.

Most people know green veggies like broccoli are good for you, and blueberries are rich in healthy antioxidants. Now doctors say flavanol, the antioxidant found in cocoa, helps keeps your blood flowing.

"Flavanoids are something that, depending on what food it is, will help different systems," Laura Jeffers, a registered dietitian with the Cleveland Clinic, told CBN News. "And so the main flavanoid in chocolate is called flavanol. And flavanol will help to improve blood pressure; it helps the blood to clot better so it doesn't get sticky in the arteries."

Chocolate as a health food sounds too good to be true, and it turns out there are a couple catches.

Make sure you choose the kind of chocolate with a high percentage of cocoa because it contains the most flavanols. Unfortunately, flavanols tend to make chocolate taste bitter.

“You really want to look for dark chocolate and that high percentage of cocoa, you know, maybe having that 70 percent,” Jeffers continued. “So the brand doesn’t matter. It just really matters on the type of chocolate so that dark chocolate, that high percentage of cocoa.”

To reap the most benefits from chocolate, you only need a small amount.

“I would recommend one ounce of a dark chocolate a few times a week,” Jeffers said. “I don’t think it’s something that you have to have every day.”

Some people avoid chocolate because it contains fat. But Jeffers says don’t worry about that.

“The stearic acid was shown that it does not improve or make your cholesterol worse so that type of saturated fat in chocolate is actually okay to have,” she said.

The bottom line: chocolate can be good for you. Just go dark and enjoy it in moderation.

For the original article, visit .

Study: 2 Minutes of Intense Exercise Per Week Can Prevent Diabetes

Just two minutes of intense, pulse-pounding exercise each week may be enough to prevent Type 2 diabetes, new research shows.

British researchers from Abertay University found that doing just two sessions of high-intensity training (HIT) weekly not only reduces the risk of developing diabetes, but is also as nearly as beneficial as engaging in the recommended 30 minutes of exercise most days of the week, *Medical Xpress* reports.

The findings, published in the journal *Biology*, are based on an analysis of overweight adults at high-risk of developing diabetes who took part in a HIT regime for a period of eight weeks. The workouts involved 10 sets of twice-weekly sprints on an exercise bike, with each sprint lasting just six seconds—for a total of just two minutes of exercise per week.

The short, but high-intensity workouts were enough to significantly improve cardiovascular health and insulin sensitivity – the body's ability to clear blood sugar from the bloodstream – in the participants. The researchers said it is the first time that so little exercise has been shown to have such significant health benefits.

“With this study, we investigated the benefits of high-intensity training (HIT) in a population group known to be at risk of developing diabetes: overweight, middle-aged adults,” said John Babraj, M.D., who heads up the high-intensity training research team at Abertay University.

“We found that not only does HIT reduce the risk of them developing the disease, but also that the regime needs to be performed only twice a week in order for them to reap the

benefits. And you don't have to be able to go at the speed of Usain Bolt when you're sprinting. As long as you are putting your maximal effort into the sprints, it will improve your health.

He noted few people have the time or motivation to exercise at least 30 minutes every day.

"Lack of time to exercise, due to work or family commitments, is cited as the most common barrier to participation, so high-intensity training offers a really effective solution to this problem and has the added benefit of reducing disease risk which activities such as walking—even if done five days a week for 30 minutes—don't offer," he said.

"There is a clear relationship between the intensity of exercise and the magnitude of health improvement, so it is only through these short, high-intensity sprints that health improvements can be seen."

For the original article, visit [.](#)

Sen. Ted Cruz Blames Palestinians for Failed Peace Talks

U.S. Sen. Ted Cruz (R-TX), who may be considering a 2016 presidential run, on a visit to Israel this week blasted the Palestinians for derailing the peace talks.

Cruz, who met with Israeli Prime Minister Benjamin Netanyahu and other senior Israeli officials on Sunday, said the Palestinians are to blame for the talks' collapse for refusing

to recognize Israel as a Jewish state and renouncing terrorism.

“The principal impediment to peace is that, to date, the Palestinians have refused to recognize Israel’s right to exist as a Jewish state and have refused to renounce terror,” Cruz told The Jerusalem Post.

Cruz also criticized U.S. Secretary of State John Kerry for using the term “apartheid” when discussing Israel’s possible future if peace talks fail.

“Those words will be repeated by enemies of Israel, by Hamas and Hezbollah and Iran, and all of them will say, ‘This is not our characterization, these are the words of the U.S. secretary of state,’” Cruz said.

For the original article, visit .

Joy: Popeye’s Spinach for God’s Man

Remember when Popeye the Sailor would pop open a can of spinach, guzzle down the green goop and BAM!, his biceps would bulge? Then, he wielded extra power, speed, wit and energy to foil Bluto’s chaotic plans to steal the spindly, love interest Olive Oyl.

Do you ever feel like you could use a super-sized helping of strength? Not strength from curling barbells, but **real strength** ... strength of character, perseverance and wisdom; strength that comes from confidence, peace, and faith.

Spinach worked great for Popeye, but in real life, real

strength comes from ... JOY!

"...the joy of the Lord is your strength" (Neh. 8:10).

Notice it doesn't say "happiness." Being happy is a feeling, an expression that requires joy. Joy comes from an inner sense of well being. Maybe Pharrell Williams should have written a song about joy, instead of "Happy."

So, where's your source of real strength? How do you develop joy?

The key is to take your eyes off yourself, your circumstances and your ups and downs. Regardless of the situation, turn your eyes to Jesus and thank him. Worship him. Acknowledge God for who He is—the creator of everything, author of life, savior of our soul, Lord of life.

He is worthy to be praised. I know this next part may be hard for a lot of men, but open your mouth and SING!

"Sing for joy to God our strength" (Psalm 81:1).

God returns adoration by filling you with joy. And joy gives you strength. At a glance, it doesn't seem to add up, but the Biblical math for real strength looks like:

Rejoice in the Lord + Sing = Joy = Strength

It may be paradigm-shifting, but to be able to rejoice in the Lord, you can't be self-absorbed. Being self-absorbed is a form of worship, and prohibits you from serving and loving others. Even in sadness, facing dire straits, the Bible says to:

"Rejoice in the Lord always. I will say it again: Rejoice!" (Phil. 4:4).

There is also joy from healthy relationships. That's why God's motto is to *love God and love people*. If you invest in God you

get joy back. Love what God loves and you will know joy.

Just like Bluto trying to ruin Popeye's day, our archenemy is trying to rob us of our joy. Because he knows if you are unhappy, your real strength diminishes. Are you robbed of strength? Then, your joy has been stolen.

The message of the world is drive, determination, desire—that's strength. The cultural math to get joy looks like:

Work + hard = joy

Most guys are grinding away thinking they are reaching true joy. But it's a manipulation, a trick, a ploy. The enemy is after your joy. He goes for your joy so you feel bad, which makes you want to look for anything to appease your pain. Remember the enemy's number one mission is to steal, kill and destroy you.

"The thief (Satan) comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full" (John 10:10).

Jesus came so you could live and love abundantly. He loves you. You were created so he could love you. If you let the paint dry on that thought alone, you will experience joy.

Maybe Popeye should have tattooed "JOY" on his bicep. Because with joy, you can be do anything.

"I can do all this through him who gives me strength" (Phil. 4:13).

Kenny Luck, founder of Every Man Ministries, men's pastor at Saddleback Church, and ChristianMingle advisory board member, provides biblically oriented teaching and leadership for men and pastors seeking relevant, timely material that battle cultural, worldly concepts threatening men and God's men. Follow Kenny and Every Man Ministries now

on Facebook, Twitter (@everyMM) and YouTube.

For the original article, visit .

Plea to Jews: Come Home to Israel Now

Here are a few troubling figures: In just the first quarter of 2014, France alone has marked a 55 percent rise in violent anti-Semitic acts and a 41 percent rise in the number of anti-Semitic threats. I wrote *marked* because only those incidents in which a complaint was filed with the police have been accounted for. Many go unreported.

And this is without mentioning the anti-Semitic content prevalent on social media, also on a precipitous climb. The situation in Belgium is similar, as it is across the entire European continent.

Was the horrible shooting attack at the Jewish Museum in Brussels different from other anti-Semitic incidents—which usually entail the violence ending before someone is murdered? Possibly. But this anti-Semitism must be placed within a broader historical framework.

Jews have been on European land for over 2,000 years. Relative to our fraction of the population, we have contributed more blood, sweat and intellect to that continent than any other nation. What have we received in return? People talk about the Holocaust. And before that, everything was hunky dory?

The old anti-Semitism was predicated on the conflict over which was the true religion. Replacement theology fanned the

flames of this discord, which is to say, when the Jews rejected Jesus Christ as the Messiah (and as the Son of God), they severed their covenant with God. In response, God replaced the Jewish people with the church. Murderous anti-Semitism grew stronger as the idea that the Jews were to blame for “killing God” and crucifying Him became more entrenched.

The new anti-Semitism has two aspects: European and Muslim. Muslim anti-Semitism fills the void left by the Christian rabble of the Middle Ages—attacking Jews simply because they are Jews.

The new European anti-Semitism is tied to the disruption of the constitutive European myth, which they became accustomed to seeing everywhere for 2,000 years: a crucified Jew. The establishment of the state of Israel meant the return of Jesus to His nation and land as a Jewish Israeli national. This time, however, He is holding modern weapons and is no longer willing to be crucified.

What remained in Europe was the empty space once occupied by the crucified Jew. It is not for nothing that the decaying European elites so often focus their vitriol on the sovereign Jewish state. It simply does not coincide with their worldview: Jews are living independently in their historical homeland and are managing quite well, thank heavens.

We hear the cries of despair coming from the Jews in France, Belgium, Sweden and Holland, from Germany, England and more—and we cannot believe it. What are you doing over there on that continent, for the love of God? Have we not had enough of being slaughtered and raped and coerced and converted to Christianity and to Islam and humiliated and destroyed by the sword and starvation? And every time we thought we would be harmed no more, were we not attacked yet again and expelled in disgrace?

In the name of what ideal are you continuing to suffer this

anti-Semitism? You are ashamed to show “signs of being Jewish,” so as not to arouse the anti-Semitic demon from his slumber.

The following is from Rabbi Yissachar Teichtal, who had vehemently opposed Zionism but changed his views as the Holocaust began, wrote an amazing book titled *Eim Habanim Semeichah* (*The Mother of Children Is Joyful*) before he was murdered on a transport train during the closing days of World War II: “All the blows that we have received is to arouse us to return to the Holy Land.”

Teichtal quotes Rabbi Simcha Bunim Bonhart of Peshischa, who died in 1827 and correctly predicted the painful history that was to unfold in Europe: “If, however, we do not strive to return to our Land willingly ... we will suffer the agony and pain of the staff of our enemies until they force us to run ... to Eretz Yisrael [the Land of Israel].”

Dear Jews, there is nothing left for you in Europe. Europe expelled its Jews and received instead tens of millions of Muslims. Come back home to Zion, before it is too late. This is the fitting response to anti-Semitism. Here you can share your fate with your brothers and sisters, contribute toward a good future for the Jewish people and live a sovereign life in an independent Jewish state. Come home.

Dror Eydar is a senior columnist for *Israel Hayom*. For the original article, visit [.](#)

Would Your Child Say You Are

a Good Parent?

Most engaged parents want to know that they have a good relationship with their son or daughter. But sometimes it's tough to tell just how solid that relationship really is.

You might think things are going great, but your child might think otherwise. Or your child might feel like things are fine but you feel like you've fallen short as a mom or dad.

Well, the best way to evaluate your relationship with your child isn't to take an exam or ask someone else. The best way is to ask your child.

So, here are 20 questions to ask your child to help evaluate where your relationship needs improvement and where it's thriving. You don't have to formally ask them all these questions in one sitting. You can just casually ask as many as you'd like when the timing is right.

1. How do you know I love you?
2. Would you say I'm a bad, OK or good listener when you talk to me?
3. Do I make your mom/dad happy or sad? Do we fight too much?
4. What are some areas where I can improve as your mom/dad?
5. How often do we spend time together? Do you wish we spent more time together?
6. Would you say I'm better at giving compliments or at criticizing?
7. Am I fair when I discipline you?
8. How often do I hug you? Do I hug you enough?
9. On a scale of 1-10, do I do a good job getting to know your friends?
10. Do you trust me in everything?
11. Have I broken any promises to you? If so, which ones?
12. Do I treat you and your brothers/sisters equally?

13. What's the most fun thing we've ever done together?
14. What is one thing you wish I would stop doing?
15. What is one thing you would like me to keep doing?
16. What things would you like to learn from me that I have not taught you?
17. If you could change our relationship in any way, how would you?
18. How have I helped you over the last couple of months?
How can I help you more?
19. What do you want most from me?
20. What do you wish I would say more often?

If you have more than one child, I encourage you to pull each of them aside separately and ask them this series of questions. For more ways to communicate with your child, check out "The Best Conversation Starters for Teenagers."

What are some other questions you plan to ask your child to evaluate how your relationship is doing? Leave a comment below.

Mark Merrill is the president of Family First. For the original article, visit [.](#)