

Best Time To Develop Relationships And Bonds Between Parents And Children

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EDITORIAL

As this pandemic has left many in pain and in depression but it also helped many to get together and make relationships especially between parents and children. As the lockdowns were implemented all over the globe, schools and offices were shut down and everyone in the family are working in limited time shifts or working from home which helped to developed interactions between elders and the young ones in the family.

This article by Rudi Dallos, Hassina Carder-Gilbert, Rebecca McKenzie clearly shows how the pandemic can be used to build bonds entitled “Developing Bonds: An Exploration of the Development of Bonds between Mentors and Young People.”

The paper describes a piece of research exploring young people’s experience of a mentoring relationship in the context of a service (PROMISE). The scheme has been developed to offer vulnerable young children a supportive relationship to assist their lives. Previous research has indicated that they found the long-term weekly meetings with a voluntary mentor to be beneficial. In particular they indicated that the mentors provide a supportive relationship which helped them cope and were of benefit to their sense of self-worth and identity. This paper explores in further detail the nature of this relationship, including how it develops in the context of mentoring. The findings are considered within the frame work of attachment and social construction theories. Implications for similar mentoring programmes are discussed alongside wider implications for assisting this group of young people.

As a parent at this time, it’s easy to feel that you have so many roles to fulfill that you can’t possibly perform any of them well. But it’s important to remind yourself that this is a unique situation, a global health emergency that none of us have had to face before. Don’t beat yourself up if you’re not functioning at your usual standard. This can apply to your quality of work, your upkeep of the home, or your ability to keep your kids focused on their schoolwork. By going easy on yourself and following these

tips for maintaining a sense of balance, you can keep your stress levels in check and make each day a little easier for your family—and for yourself.

The findings of this study indicate that the bond between mentors and mentees is an extremely important aspect of the positive benefits that result from mentoring. The children described that the initial contact was very important in setting the tone for the nature of the relationship and that they typically felt that the mentors were emotionally available, positive, fun and on their side. They also described that as the relationship progresses they felt that the mentor had become a part of external and also of their inner world. Likewise the mentors described that they thought, and sometimes worried about the children while away from them. We found the analysis of the conversations between them I the conjoint interviews to be revealing and offered a start contrast to a previous study of conversation between foster carers and children in their charge. The mentors were more sensitive and invitational towards the children and enabled them to speak rather than taking over and speaking for them. This may have been because the mentors did not see themselves in a ‘professional’ role and as trying to change the children. Perhaps paradoxically this less intrusive approach fostered more change, certainly in the abilities of the children to express them.

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