

How I Bonded with My Nine-Year-Old Son by Running with Him Every Day for a Year

It all started with a simple goal: to get my nine-year-old son, Ethan, to be more active. He was always a bright and energetic kid, but he wasn't particularly interested in sports or other physical activities.



The Mother-Son Running Streak Club: How I bonded with my nine-year-old son by running with him every day for a year by Nancy Shohet West

★★★★☆ 4 out of 5

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I knew that running was something we could do together, and I thought it would be a great way to bond and spend some quality time together. So, I asked him if he wanted to go for a run with me, and he agreed.

We started out slowly, just running for a few minutes at a time. But as the weeks went by, we gradually increased our distance and our running time. Ethan loved it! He was a natural runner, and he quickly became hooked on the feeling of accomplishment he got from running.

As we ran together, we talked about everything under the sun. We talked about our hopes and dreams, our fears and frustrations. We laughed together, we cried together, and we shared our secrets with each other.

Running became a way for us to connect on a deeper level. It was a way for us to get away from the hustle and bustle of everyday life and just be together.

After a year of running together, Ethan and I had become closer than ever before. We had shared an amazing experience together, and we had learned so much about each other.

Running with my son was one of the best things I have ever done. It was a great way to get him active, and it was an even better way to bond with him.

If you're looking for a way to connect with your child, I highly recommend running together. It's a simple activity that can have a profound impact on your relationship.

Here are a few tips for running with your child:

- Start slowly and gradually increase your distance and running time.
- Make it fun! Play games, sing songs, or talk about your day.
- Be patient and encouraging. Don't get discouraged if your child doesn't want to run very far at first.
- Listen to your child's body and take breaks when needed.
- Have fun! Running with your child should be a positive and enjoyable experience for both of you.

I hope this article has inspired you to give running with your child a try. It's a great way to bond, get healthy, and have some fun together.

Free Download your copy of "How I Bonded with My Nine-Year-Old Son by Running with Him Every Day for a Year" today!



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