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| **Parents** |

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| **How to show grateful toward parents** |

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| **The importance of parents role** |

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| **Cooking a healthy meal** |

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| **For our development** |

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| **Help in home** |

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| **Saying “ I love and appreciate you “** |

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| **Train us for future challenges** |

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| **Love and support** |

Nobody in the earth can love you more than your parents. Parents are the gift of God to us. They play the biggest role in our development. Parents play important role in our mental, physical, social and financial development. They help us in every step of our life. Parents train us for the future challenges. Also, they are our first teacher. They provide everything that is helpful for our development such as food, education, love and support. We do lots of mistakes. Our parents always guide us. Parents try to make balance in our emotions. They support us in our difficult times with smile.

There are simple ways to show grateful toward parents. Cook for them a delicious, healthy meal is a great idea . Nothing says love like a home cooked meal. You can help your mother in the house. It’s nice to spend fun time with them. Letting your parents know you are grateful for their efforts. Try writing for them a heartfelt letter or buy a gift. Simply saying “I love and appreciate you” is a way to express your feelings. In conclusion, without parents we can’t success.