



FAMILY CONNECTION TIPS

1-ON-1 CHECK IN

A simple way to deepen your connection with your child is to have a daily one-on-one chat, giving your full attention:

- Turn off or put away your phone.
- Stop doing everything else.
- Give your child your full attention (eye contact, body turned toward them, not thinking about other things).
- Listen to their stories or (if they aren't sharing any) ask them an open-ended question.

More info at: <https://sunshine-parenting.com/how-to-get-closer-to-your-kid-in-5-minutes-a-day/>

DAILY SHARING

When our kids know that they have a time - each day - when they will be able to share and be listened to, they have a sense of belonging. This daily sharing can be at any time of day and in any format.

Here are a few ideas of things you and your child can share daily with each other:

- One good thing that happened.
- Something kind someone did for you.
- Your high of the day & Low of the Day.

More sharing ideas at:

<https://sunshine-parenting.com/closer-family-5-minutes-day/>

ASK QUESTIONS

Asking better questions, ones that show you care about who they are and not what they do, can help spur deeper conversations and connection with your kids. Examples:

Describe your perfect day.
What makes you laugh really hard?

Don't forget to ask follow up questions & circle back a day or a week later to show that you were really listening and you care about what they share.

More questions & ideas at: <https://sunshine-parenting.com/connection-through-questions/>

STICKY NOTE COMPLIMENT

Leave an encouraging note on your child's bathroom mirror, on their pillow, or in their lunch box.

On the note, tell your child something you really appreciate about their personality and inner qualities. Give what we call a "Level 3" affirmation -- something about who they are as a person, not what they look like or what they've accomplished.

Listen to podcast Ep. 15 for more ideas on giving Level 3 Affirmations:
<https://sunshine-parenting.com/ep-115/>