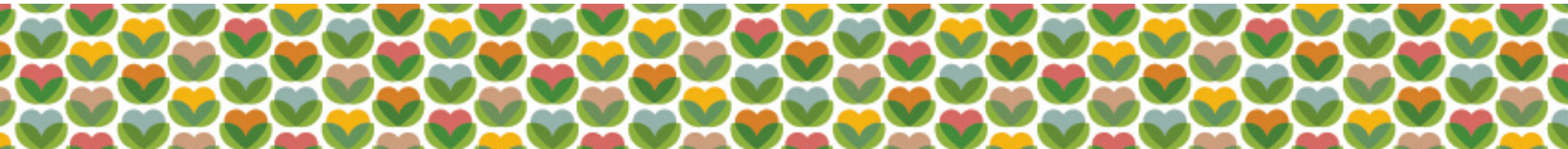


31 Days of Simple Connections with your Kids

	Smile when they come in the room	Color or draw together	Share 5 things you're each thankful for	Ask about their favorite things	Make up a secret handshake	Play a board game together
Tell a story about yourself at their age	Name 3 things you love about them	Read a book or story together	Share a snack	Give your full attention	Give a 10 second hug	Look at their baby pictures together
Do something active	Focus on truly listening	Write a note (or draw a picture)	Ask them to play with you	Tell a story about when they were little	Go for a walk	Bake or cook together
Give them a sincere compliment	Find something that makes you both laugh	Ask open-ended questions	Get down to their eye level	Put your phone away for a while	Do a craft project together	Watch your child's favorite show together
Sing a silly song or tell a funny joke	Talk less. (No lectures!)	Practice taking deep breaths together	Say "I love you!"			

Nicole Schwarz, MA, LMFT, Parent Coach



31 Days of Simple Connections with your Kids

Connection is unique to each person. Chances are, your child will enthusiastically love some of these ideas, they will be moderately OK with a few, and they will dislike others.

(And the same goes for you too!)

Use this space to make notes of what worked and what didn't. Any any new ideas to try next month.

Loved these ideas!!

Things to try again!

Not a favorite

