

★ The 9 Most Powerful Minutes in Your Child's Day ★



1 The First 3 Minutes – Right After They Wake Up

Start their day with love and connection. Greet them with a smile, a hug, or a gentle word. These first moments shape their mood and confidence for the whole day.

2 The Next 3 Minutes – When They Come Home from School

Reconnect after a day apart. Ask open-ended questions. Be fully present. Let them know you're glad to see them and eager to hear about their day.



3 The Last 3 Minutes – Before They Go Bed

End the day with calm and care. These moments help them feel secure and loved as they drift off to sleep.

Tips for Making the Most of These Minutes

- Engage in eye-to-eye conversations – slow down and truly listen
- Offer gentle physical touch – a hug, a pat, brushing hair – it communicates love beyond words

Remember: **Actions speak louder than words.** ♥