






Connection Day

A day dedicated to reconnecting or strengthening your connection with your child

How To Prepare:

Objective	Tasks to prep
<p>The objective of the day is to feel an emotionally stronger connection to your child. Whether that's the beginning of healing some trauma, taking a dedicated day for your child or finding a new sense of joy in parenting.</p> <p>Preparing for this day in advance will ensure the most success. Although the journey of parenting is never perfect, this day aims to bring happiness to your child, a day of less frustrations for you as a parent and less tantrums and meltdowns for your child.</p>	<ol style="list-style-type: none">1. Complete any house work you were planning on doing2. Meal prep to reduce disconnected time in the kitchen <p>Create a list of coping strategies when moments get heated. Such as:</p> <ul style="list-style-type: none">● Singing to your child through the heated moment● Counting to 60 in your head● Deep breaths● Reminding why you are doing a connection day● Step into another room for a brief moment <p>IMPORTANT : Your side goal for connection day is to keep your inner peace when tempers start to flare</p>

On The Day:

Time of Day	Connection Point
	<ul style="list-style-type: none"> ● Start with a Positive Greeting ● Have Breakfast Together ● Set Intentions for the Day
	<ul style="list-style-type: none"> ● Quality Time Activity ● Lunchtime Check-In
	<ul style="list-style-type: none"> ● Unstructured Playtime ● Family Dinner

Active Connections:

Integrate these quick and easy activities that build that connection muscle!

- **Cuddle & Tickle your child** - Cuddles and touch are vital for nurturing emotional bonds, promoting feelings of security, and fostering a sense of love and connection between individuals
- **Get on the floor** - This allows for eye-level interaction and fosters their sense of importance and belonging
- **Sing / Music** - This stimulates their cognitive development, enhances emotional expression, and strengthens the parent-child bond through shared experience
- **Get Outside** - Encourages exploration, physical activity, and quality time together. It can also act as a reset moment if things are getting emotionally heated
- **Read together** - Creates moments of shared interaction, deepening your bond as you explore new worlds together and sparking conversations

- **Let your child try a new task** - Giving opportunities to flex their independence muscle, fosters their sense of autonomy, boosts their confidence, and encourages mutual trust and respect
- **“Hygge”** - A Danish word (pronounced hoo-guh) promotes cozy, shared moments that strengthen bonds, fostering intimacy and belonging. Bring out the soft blankets, candles and snacks!

“You did it! Good job mama! This is the stepping stone to improving your bond between you and your child but also for you to be able to live a calmer, enjoyable motherhood.”

Now let's take some time to reflect...

Journal Prompts:

Reflect on a moment today when you felt particularly proud of your calm and patient response to a challenging situation with your child

Describe a specific activity or interaction today where you noticed a positive shift in your bond with your child

Think about a specific aspect of your child's personality or behavior that you gained a deeper understanding of today

Reflect on any challenges you faced today in staying calm and patient with your child. What strategies helped you navigate these challenges, and what can you learn from them moving forward?

Reflect on the overall tone and atmosphere of your day spent with your child. What moments stand out as highlights, and how do you hope to continue nurturing your bond in the days ahead?

