

Connect with Your Kids

Presence Over Perfection

Make connection your only goal. Allow yourself to let go of any other expectations for this moment. No academic learning, no behavior management, no endless to do list running through your mind, no pressure for either of you. Just be here now.

Be a Follower

Let your child take the lead. Watch them play. Do what they do. Children spend so much time following our directions. Be part of their world.

Let it be Simple

Books don't have to be read front to back. Toys don't have to be played with a certain way. Simple creativity can do wonders.

Get on Their Level

Try to be eye level with them. Where do they like to play? Get down on the floor, go outside, climb into their playhouse.

No Phones

Put it in another space. Out of sight. Out of ear range. Let your child(ren) know this is time for you and them, no distractions.

Delight in Them

Take notice of the things you normally glaze over: how small their hands are next to yours, the way the sun is shining on their hair, the sound of their voice. Let them draw you in. Appreciate them for who they are and your time together. Express this to them through verbal affirmations or gentle touch.

