

# CONNECTION-BUILDING CHECKLIST

## *Why it matters*

Small moments of connection throughout the day help your child feel safe, valued, and loved.

Use this checklist as a gentle reminder of ways you can nurture closeness in everyday life.

### *Daily Connection Habits*

- ☐ Make eye contact when your child is talking to you
- ☐ Put distractions aside (phone, TV, laptop) for at least 10 minutes of focused time
- ☐ Offer a hug, smile, or gentle touch
- ☐ Use your child's name in conversation
- ☐ Notice and comment on something they've done ("I saw how carefully you built that tower")
- ☐ Share a laugh or inside joke
- ☐ End the day with a positive moment (story, cuddle, or reflection)

### *Weekly Connection Builders*

- ☐ Plan one-on-one time together, even if short
- ☐ Ask open questions about their week ("What was the best part of today?")
- ☐ Invite them into something you're doing (cooking, errands, chores)
- ☐ Join them in an activity they love, even if it's not your favourite
- ☐ Reflect together on a challenge they faced and celebrate their effort
- ☐ Do something playful or silly just for fun

## *Daily Connection Habits*

- ☐ Pause and regulate yourself before responding
- ☐ Acknowledge their feelings without judgement
- ☐ Stay close, even if they push you away emotionally
- ☐ Use calm, steady words ("I'm here. We'll get through this together.")
- ☐ Repair after conflict ("I'm sorry I got cross earlier. I do want to listen to you.")

## *Reflection Space*

What went well this week?

---

---

---

---

---

---

---

What would I like to do more of next week?

---

---

---

---

---

---

---