

Ways to Connect with Your Children

A few minutes of intentional relationship-building with your child GREATLY increases positive behavior and memories.

- Play their favorite music
- Share a bowl of ice cream or watermelon
- Play hide and seek
- Do sidewalk chalk together
- Jump in the pool with them
- Have a pajama day
- Let them pick where to read a book together
- Go on a coin flip bike ride adventure together
- Watch a sunset
- Relax in a hammock together
- Catch fireflies, lizards, frogs together
- Play a duet together, piano, guitar, etc.
- Show a photo or short clip of when they were younger and tell them what you remember
- Play a card game
- Have a staring contest
- Point out specific positive influences they have on your family