

Connect With Your Children

Quick Tips

- eliminate distractions (put away phone, turn off tv, etc.)
- whenever possible, get down to their level
- pay attention to your non-verbal cues (smile, open posture, etc.)

Ideas

Bake a monster cookie	Play a board game
Play with playdough together	Have a tea party
Cloud watch	Star watch
Camp out in the living room	Book club (read and discuss same book)
Picnic on the kitchen floor	Go on a date (ice cream, pizza, etc.)
Go for a nature walk	Work on a project (Lego, painting, etc.)
Make a pizza	Stay up later to watch a movie together
Listen to them talk... <u>really</u> listen	Snuggle and cuddle
Play a game like Cat's Cradle or I-Spy	Make a silly photo booth
Make a puppet show together	Have a dance party
Look through family photo albums	Watch family movies together
Tell stories from your childhood	Tell stories from their childhood
Blow and catch bubbles	Play at the park together
Go berry or flower picking	Play hide and seek
Make music together (maracas, ukes, etc.)	Create an event/celebration together
Create a treasure hunt for them	Write a story together
Sing songs together	Create a scrapbook together
Do a science experiment	Garden together