





EXAMPLES OF WAYS TO CONNECT WITH YOUR CHILD

Give your child a hug/ Say “I love you”	Garden together	Bake together
Leave a surprise note or drawing	Add a smiley face to their next meal	Have a dance party
Read a book together	Say “I appreciate when you...”	Play weekend dress-up: allow your child to pick your outfit and their own
Say “Tell me about how you are feeling”	Start a game of chase	Invite your child to colour with you
Look at them and smile	Play outside together	Cuddle/ Snuggle together
Say “Yes” the next time they request to play	Tell a joke	Play a board game or build a puzzle
Tell a story from their childhood	Have a movie night, with child’s choice of movie and snack	Play or watch their favourite sport with them
Tell a story from your childhood	Look through family photos together	Go to the park
Playing/singing music together—on an instrument or the radio	Play I spy	Have a picnic
Build a fort (indoors or outside)	Go on a treasure hunt	Get creative together with arts/ crafts