

32 WAYS TO CONNECT WITH OUR KIDS

Connection is the key to a healthier parent-child relationship. For better behavior, a higher self-esteem, more confidence, more trust, and more fun, connecting with your child is where to start!

- 1** • Each day (or as much as you can), ask them: "What do you want to do for our (Give-10 Time, Special Time, Our Time, etc.)?" Then do it for 10 minutes.
- 2** • Each month, do something special with them on the day of the month they were born.
- 3** • Find a book that has a movie to go with it. Read the book together then watch the movie together.
- 4** • Learn something new-play the guitar, learn a new language, learn how to draw cartoon characters, etc.
- 5** • Rub their back at night while you do the same 4 bedtime questions.
- 6** • Leave a note that says "You're awesome because..." in their lunch box, on their pillow, at the breakfast or dinner table, etc.
- 7** • Volunteer---homeless shelter, animal shelter, community service project, etc.
- 8** • Make a list of your top 10 things you love about them and share it with them at dinner time.
- 9** • Have a special notebook for writing back and forth.
- 10** • Go around the dinner table and share your high and low of the day.
- 11** • Build or create something-sand castle, Legos, mud mountain, artwork, a rocket, a model airplane, a play-doh creation, etc.
- 12** • Hug them every day before they leave the house and when they get home.
- 13** • Tell them what makes them unique and why you love that about them.
- 14** • Surprise them by coming to lunch at school.
- 15** • Help them with their homework.
- 16** • Try a new fruit or vegetable.
- 17** • Plant a new plant and care for it.
- 18** • Share a hobby you enjoy with them--sewing, crafts, landscaping, auto repair, etc.
- 19** • Make a special breakfast for them on Saturday mornings.
- 20** • Read them a story or tell them a story every night.
- 21** • On a school day, let them sleep in and go on a family outing instead.
- 22** • Make a meal for a friend in need.
- 23** • Go on a nature walk.
- 24** • Give them a high five.
- 25** • Pop popcorn and watch a kids' movie together.
- 26** • Bake cookies.
- 27** • Read a kids' bible together every night.
- 28** • Eat meals together.
- 29** • Do a puzzle.
- 30** • Snuggle and read.
- 31** • Do a house project.
- 32** • Color or paint a picture.

Children are a gift from the Lord. The children born to us are our special reward. Psalm 127:3