

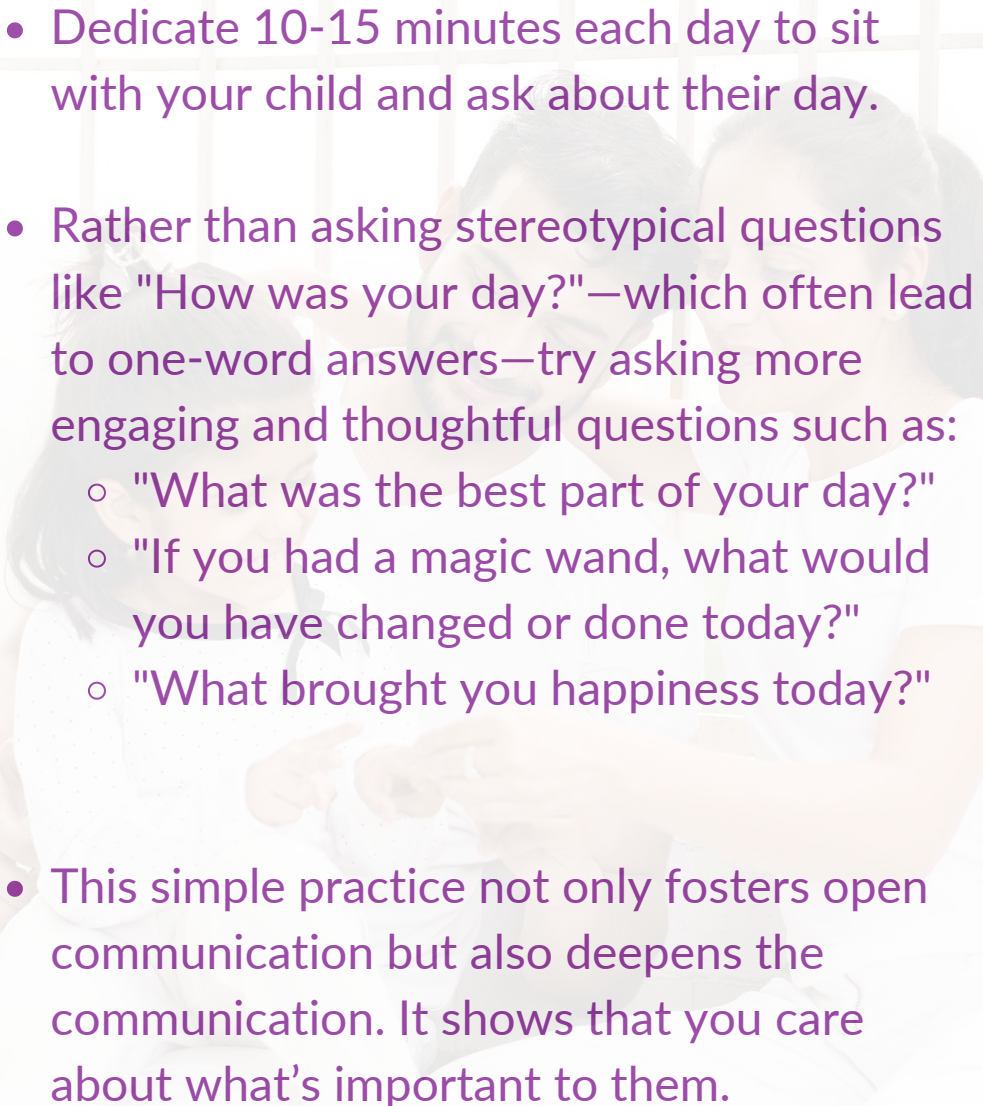


Magic of Change



**5 WAYS TO BUILDING
CONNECTIONS WITH YOUR
CHILDREN THROUGH YOUR
PRESENCE!**

1. DAILY CHECK-IN:

- Dedicate 10-15 minutes each day to sit with your child and ask about their day.
 - Rather than asking stereotypical questions like "How was your day?"—which often lead to one-word answers—try asking more engaging and thoughtful questions such as:
 - "What was the best part of your day?"
 - "If you had a magic wand, what would you have changed or done today?"
 - "What brought you happiness today?"
 - This simple practice not only fosters open communication but also deepens the communication. It shows that you care about what's important to them.
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2. UNPLUG FOR QUALITY TIME

- How about setting aside devices and giving your child your full, undivided attention? This simple act can make them feel not only prioritized but truly special.
- During family activities like sharing a meal, playing a game, or reading a book together, being fully present strengthens your bond and helps your child feel seen and valued.
- Choose at least one time in a day where there's no third device between you—just quality time for the two of you.



3. SHARED RITUALS

- Experiences build meaningful memories and meaningful memories deepen the connection.
- How about a simple act like going on a weekend outing, cooking a meal together, working on a craft, or as simple as playing a Board game together?



4. DIFFERENT FOLKS, DIFFERENT STROKES:

- Express your love through simple gestures like warm hugs, tender kisses, or a reassuring touch on their shoulder.
- Every child is unique, and different gestures work best for different personalities.
- Regardless of how you show it, physical affection helps strengthen your emotional bond with your child and provides them with a sense of security and love.



5. CELEBRATE THEIR ACHIEVEMENTS:

- Acknowledge your child's milestones, big or small.
- Celebrate your child's achievements, big or small, at every stage. Whether it's learning to ride a tricycle, acing a test, or getting into college, each milestone matters.
- Recognizing these moments strengthens their confidence and deepens your bond.



BUILDING A STRONGER CONNECTION

- These small yet powerful actions foster a relationship where your child feels seen, loved, and supported.
- Remember, every effort you make to strengthen your connection helps your child feel more secure and valued, and these moments will stay with them for a lifetime.
- **Take Action Today:** Choose one or more of these practices to start incorporating into your routine, and watch your relationship grow stronger with each day. Your presence truly makes all the difference.



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