

✓ Practical Checklist: 5 Ways to Reconnect with Your Child Today

1. ASK AN OPEN-ENDED QUESTION EVERY DAY (WITHOUT JUDGMENT):

Example: "How was your day? Was there anything that made you feel uncomfortable or happy?"

Do this while driving, eating dinner, or during bedtime—any quiet moment works.

2. CREATE SCREEN-FREE MOMENTS (EVEN JUST 10 MINUTES):

Example: Go for a walk, cook together, or play music and just talk.

It doesn't need to be fancy—just your full attention.

3. BE THE FIRST TO SHOW VULNERABILITY:

Example: "Today I felt overwhelmed with work... Sometimes I don't have all the answers."

You're showing them it's okay to not be okay.

4. START A SIMPLE WEEKLY RITUAL OF CONNECTION:

Example: "Movie Wednesdays," "Pajama Breakfast Sundays," or "No Phone Tuesdays at Dinner."

What matters most is consistency, not complexity.

5. VALIDATE THEIR EMOTIONS (EVEN WHEN YOU DON'T UNDERSTAND THEM):

Instead of saying: "You're overreacting."

Try: "I can see that hurt you. Do you want to talk about it or just have me listen?"

Kids don't need fixing—they need to feel seen.

