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Ways to CONNECT With Kids

-  Have a family night together.
-  Share at least three family meals each week.
-  Develop and practice family rituals.
-  Unplug. Stay present.
-  Share your talents and interests.
-  Have simple, daily conversations.
-  Play fun games together.
-  Ask a child to help you with something.
-  Be a positive role model.
-  Go for a bike ride together.
-  Say hello to kids in your neighbourhood.
-  Ask for your child's opinion.
-  Share your cultural traditions.
-  Focus on their strengths.
-  Listen without judgment.
-  Attend parent-teacher-student interviews.
-  Read to your child.
-  Meet your child's friends and their parents.
-  Attend performances, activities and games.
-  Spend one-on-one time with your child.
-  Make a craft together.
-  Use available time, like in the car, to talk and listen.
-  Let your child or youth plan a family activity.
-  Grow a garden together.
-  Volunteer together.

-  Volunteer as a Big Brother or Big Sister.
-  Be understanding when they've had a hard day.
-  Role model how to adapt and compromise.
-  Tell your child how well they have done at something.
-  Be excited about their interests.
-  Share a joke. Laugh.
-  Make a meal together.
-  Apologize when you are wrong.
-  Notice when a young person grows.
-  Do something challenging together.
-  Give your child lots of hugs.
-  Accept a young person as they are.
-  Ask your child to teach you something.
-  Greet your child warmly.
-  Do household tasks together.
-  Give your child undivided attention at least 15 minutes each day.
-  Listen to each other's music.
-  Tell your child how much you enjoy spending time with them.
-  Put a note in your child's lunch.
-  Look at family photos together.
-  Tell them their birth or adoption story.
-  Text your teen.
-  Do something silly together.
-  Help your child connect with healthy role models.
-  Tell your child you love them every day.