

CONNECTING WITH YOUR CHILD

Spending time doing fun things with a child is an important way of connecting with them. This includes taking time to play with a young child, helping a child with homework, going to the park, or the movies. However, just spending time with a child does not necessarily mean that you “connect”.

Parents can be distracted – have their mind on other things, they may find a game boring, or they may be critical that their child hasn’t done their homework by themselves.

Describe a time when you spent time with your child but didn’t actually “connect”.

Now think of a special moment when you really did “connect” (this may be sharing a funny moment, or the first time your baby smiled at you).

What did it feel like? Why did you connect with your child at that time?

Think about how you feel when you watch your child sleep. This is often a special moment for parents. Remember the last time you did this

Were you mindful of the moment?

Were you fully there?