

## KEEPING THE CONNECTION GOING

Slightly older children who may be going to day care or nursery feel special and loved when there are little routines in place that help them connect back to YOU.

These do not need to be big deal events: just small reminders and little routines that help structure a child's life helps them feel safe. Routine is helpful.

Here are some ideas that parents have shared with us:

Think about whether these may be helpful for you.

*A couple of times each week I put a "surprise" in the lunch box and ask how she enjoyed it when I pick he up from school. It us something little, a freddo frog, a hair tie, a toy car sometimes just a couple of lollies.*

*We stop off at the "local shop" for an ice cream after we do the shopping on Saturday mornings. It's his treat for helping me put the shopping bags in the car.*

What are some of your own ideas for keeping the connection going?