



10 Ways to Connect With Your Child

- 1. Connection starts in the morning!
 - 2. Make morning routines fun!
 - 3. Put. The. Phone. Down.
 - 4. Make errands min adventures
 - 5. Set non-negotiable Mommy & Me Time
 - 6. Involve a child in Big-People Work
 - 7. Set up a "Feelings Corner"
 - 8. Eat meals together
 - 9. Create a bedtime ritual & stick to it!
 - 10. End the day with gratitude
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