

# 21 WAYS TO CONNECT WITH KIDS CHECKLIST

- Look them in the eye and smile.
- Say "I love you"
- Hold hands.
- Have a dance party.
- Play a board game.
- Tell them a funny story about your childhood.
- Snuggle under a blanket together.
- Ask them an open-ended question about their day.
- Read books together.
- Ask them to teach YOU how to do something.
- Hold a family meeting.
- Go to the park.
- Cook a meal together.
- Tell them the silliest part of your day.
- Share 5 things you love most about each other.
- Lay on the floor and play with their favorite toy together.
- Have a technology free hour or two
- Roughhouse (Play wake the sleeping bear or a chasing game)
- See who can make the silliest faces at each other.
- Do an activity outside the house you've never done before.
- Hug. Lots and lots of hugs.