The Parent Hub

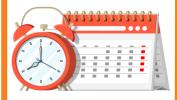
Creating Connections with Your Kids



Week 1

Be intentional.

 Where can you create time each day for the next month to give each child 5 minutes of uninterrupted quality time?



Week 2

Create a ritual as a family that you can do regularly

Make regular meaningful time together as a family.

 For example, you might make time each week to talk about upcoming events.

Consider special occasions.

 For example, everyone chooses a decoration to put on the Christmas tree, or everyone takes turns saying one thing you love about someone on their birthday.

Do something as a family.

For example, each month a different family member can choose something they like to do; a bike ride, a movie night or a visit to a museum.

Week 3

Create a fun and play list with your children.

 Add more indoor and/or winter activities as the weather is getting colder.



Week 4

Words of affirmation are a good way to show your LOVE.

 Take time over the holiday break to have each family member share a positive attribute or strength about every other family member.



Week 5

Use the Strength Spotting Certificate

 Spotting strengths can increase connection and positive regard.



NATURAL STRENGTH PARENTING™ I COACHING

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Contact us to schedule an appointment:

513.233.4715