

The Parent Hub

Creating Connections with Your Kids



Week 1	Week 2	Week 3	Week 4	Week 5
<p>Be intentional.</p> <ul style="list-style-type: none"> Where can you create time each day for the next month to give each child 5 minutes of uninterrupted quality time? 	<p>Create a ritual as a family that you can do regularly</p> <p>Make regular meaningful time together as a family.</p> <ul style="list-style-type: none"> For example, you might make time each week to talk about upcoming events. <p>Consider special occasions.</p> <ul style="list-style-type: none"> 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. <p>Do something as a family.</p> <ul style="list-style-type: none"> 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. 	<p>Create a fun and play list with your children.</p> <ul style="list-style-type: none"> Add more indoor and/or winter activities as the weather is getting colder. 	<p>Words of affirmation are a good way to show your LOVE.</p> <ul style="list-style-type: none"> Take time over the holiday break to have each family member share a positive attribute or strength about every other family member. 	<p>Use the Strength Spotting Certificate</p> <ul style="list-style-type: none"> Spotting strengths can increase connection and positive regard. 

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Contact us to schedule an appointment:
513.233.4715