



10 Ways to Connect with Your Child

from SPARK Kindness

5-10 Minutes of Special Time Together

Be fully present, no distractions
Let them choose what to do



Active Listening with Empathy First

Validate, support & respond with attentive body language
Save problem-solving/fixing for later



Say "I love you" in Shorthand

Create a special way to show you care



Greetings & Goodbyes

Does your face light up when you see them?
Mark each greeting/goodbye with a real connection

Touch



A great connector, plus an oxytocin boost

Use Their Love Language

Do what means the most for them
Time-Gifts-Service-Words-Touch (Gary Chapman)



Laugh or Play Together

One of the fastest and deepest ways to bond
Try a 1-song dance party or make silly faces

Ask a Specific or Unexpected Question

Start interesting & meaningful conversations



Practice Rituals

Create a sense of family unity and connection

Just be Together

Don't set an agenda
Soak up how much you love them



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