Ways to Boost Connection

1. Family rituals
2. Family meetings/conferences/nightly check-in
3. Dedicated Time for play
4. Noticing Out Loud
5. Quantity vs. Quality
6. Balancing concern for safety with promoting independence
7. Active Listening
   - **Words that encourage your child to talk:**
     - “Tell me more.”
     - “Please keep talking. I’m really interested.”
     - “You sound like you have a lot on your mind, so I’m glad you’re talking.”
     - “I love that you are so open and honest with your feelings.”
     - “It means a lot to me that you feel comfortable talking to me.”
     - “You’re doing a great job of describing what happened.”
     - “Could you repeat that? I want to be sure I understand what you’re going through.”
   - **Body language**
   - **Attitudinal messages** - “Go ahead and grow, I’ve got your back.”
   - **Eliminate distractions** (undivided attention – screens away)
   - **Children want to be listened to on their terms**
   - **Try to avoid the need to “fix” their problems** - silence “the parent alarm”
   - **LISTEN**