



## 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*