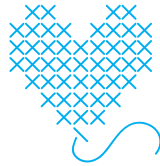


# SIX WAYS TO CONNECT WITH YOUR KIDS



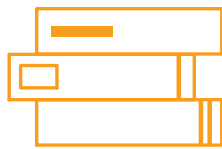
## First, you must feed yourself

Find the best way to feed your soul and do it, over and over again. Remember what makes you happy. You will set a great example for your kids and be able to really show up for them.



## Listen. Really Listen.

Kids love to be heard. Sit with them while they tell you a story. Look them in the eye. Listen to what they have to say. Then stay a bit longer



## Share a great story

Stories have brought people together for thousands of years. Read a book together, listen to an audio book, or tell your child a story from your childhood.



## Create something together

Lay out some art supplies and invite your child to create with you. Enjoy the process with no end product in mind. Experiment with some new materials then store them out in the open for easy access.



## Write notes to each other

Perfectly placed notes can be powerful evidence of your love. Stash notes in their lunch. Keep a paired journal. Write on the bathroom mirror. have supplies at the ready for them to write back.



## Take a long walk in nature together

Nature is pure magic. It brings out the best in people and provides a great, quiet background from which amazing conversations sprout forth.

WHAT ARE YOU WAITING FOR? CONNECT WITH YOUR KIDS TODAY!