

Rooted in Relationship

Connection-Building Ideas from The Connected Child

A Tender Parenting Resource



Activities for

Lasting Effects



Improved Relationships

Try this:

Schedule 10–15 minutes of "child-led time" each day. Let your child choose the activity while you follow their lead without correcting, teaching, or directing. Focus on eye contact, playful engagement, and genuine curiosity.

Look for opportunities to say:

- "Tell me more about that."
- "I love spending time with you."
- "I'm glad we're together."

Try this:

Practice naming emotions together throughout the day. Use simple phrases like, "You seem frustrated" or "That felt disappointing." Helping children identify their feelings builds emotional awareness and connection.

Help your child understand that all feelings are welcome, even when certain behaviors need limits.

Enhanced Emotional Relationship

Activities for *Lasting Effects*



Increased Resilience

Try this:

Play a card or board game together that encourages turn-taking, problem-solving, and perseverance. As your child works through challenges, celebrate effort over perfection and notice even the smallest improvements.

Let them know what you noticed by saying things like, "You stayed calm when that was difficult" or "I noticed how much your strategy improved." These shared moments help build confidence, resilience, and connection.

Try this:

Work on a project together, such as a puzzle, craft, or building activity. Use the opportunity to teach new skills and encourage problem-solving. When possible, offer choices and invite your child to participate in decisions to build confidence and connection.

Healing & Growth