

### 10 Ways To Connect With Your Child

1. Explore something new together. Attend a play, eat at a Thai restaurant or take a yoga class together.
2. Institute Family Night. Set aside a family night once a week or once every two weeks. Make it an opportunity to spend real quality time together as a family free from work, phone calls and other distractions. Play Games. Go to a restaurant. Watch a movie together or even cook a meal together. Whatever you decide make sure this day is reserved for you and your family. Use this as an opportunity to find out what's going on with them and in their lives.
3. Eat dinner together at least twice a week. Dinner time is the time for families to share and learn and
4. Invest in his/her life. According to studies, most working parents spend an average of 4 hours a night with their child. Whatever amount of time you have, please use this time wisely to spend some quality time with your child. Assure them that no matter how much time you have with them that they are a big part of your life. When possible attend their activities, leave lunch notes for them and remind them everyday that you love them and they are number one. Also never hesitate to ask them about their day and tell them about yours.
5. Work on a goal together. Make it a goal to do something together. Decide to publish a book, read a book series, or do a project around the house. Not only does setting a joint goal ensure that you and your child work on a project together it is also a great opportunity to help your child learn about the importance of setting and accomplishing goals.
6. Read with them. Read to them every day if can. It's great quality time and it's an opportunity to help expand their imagination and just talk to them about things that exist. It doesn't just have to be a book. It can be anything: papers, magazines, or even online news stories.
7. Have a sense of humor and play with them. Yes, play! Don't be afraid to have a pillow fight, do an indoor camp out, watch cartoons, tell a joke or just act silly with your kids. These things help lighten things up and show your kids that you have a sense of humor. They also show that you can play at and communicate on their level rather than always making them come to your level.
8. Trust your child. When you treat your child as though you trust them, you teach them to trust themselves and this builds a child's confidence. Nothing increases communication and connection between parents and children faster than when a child knows they are trusted by their parents.
9. Remember your school days. Pull out your old report cards, year books and photos from your school days. Most kids forget that their parents once use to be kids and for many kids it's really exciting to see what their parents were like as kids. Such mementos allow parent and children to discuss the past and the future
10. Give them lots of hugs. Hugs are such an easy way to show your kids you love them and create a close connection. Every now and then, just pull your child to you and hug them. Don't be afraid to snuggle, cuddle or be affectionate with your child.