

4 TIPS FOR CONNECTING WITH YOUR CHILD

1 Give A Hug

The simple act of a hug can help kids feel safe and loved while also increasing bonding. When kids feel close and connected to their caregivers, it's easier for them to verbalize their needs and desires.

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2 Give 5 Minutes

Research shows that even five minutes of dedicated play time can make a difference for children and families. Play with your child without distractions for five minutes and see how it affects your day.

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3 Identify Emotions

Set a challenge for you and your child to see if you can identify five emotions as you experience them throughout the day. Our therapists often work with young children to help them identify the emotions they feel. As Dr. Dan Siegel says, "Name it to tame it."

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4 Take Deep Breaths

Pause and take three deep breaths when a situation feels out of control. Adults can help children form this key coping skill by breathing together. Try blowing bubbles for little ones.

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