

32 WAYS TO CONNECT WITH YOUR KIDS



Besides prayer, the most important thing you can do for your children is to build a close, positive relationship with them. They need your love, your time, and your attention more than anything else.

1. Leave a note that says “You’re awesome because...” in their lunch box, on their pillow, at the breakfast or dinner table, on the bathroom mirror, etc.
2. Each month, do something special with them on the day of the month they were born.
3. Have a tickle fight.
4. Find a book that has a movie to go with it. Read the book together then watch the movie together.
5. Go on a nature walk.
6. Play a sport—play catch, throw a football, shoot baskets, kick a soccer ball, toss a Frisbee, etc.
7. Learn something new—play the guitar, learn a new language, learn how to draw cartoon characters, etc.
8. Rub their back at night while you do 4-bedtime questions.
9. Give them a high five.
10. Tell them what makes them unique and why you love that about them.
11. Surprise them by coming to lunch at school.
12. Watch a kids’ show/movie.
13. Help them with their homework.
14. Bake cookies.
15. Try a new fruit or vegetable.
16. Play freeze tag.
17. Build or create something—sand castle, Legos, mud mountain, artwork, an invention, a rocket, a model airplane, a play-doh creation, etc.
18. Go to a school activity together.
19. Make a list of your top 10 things you love about them and share it with them at dinner time.
20. Leave a notebook out for writing notes or drawing pictures back and forth.
21. Plant a new plant and care for it.
22. Go around the dinner table and share your high and low of the day.
23. Eat meals together.
24. Make a special breakfast for them on Saturday mornings.
25. Read them a story or tell them a story every night.
26. Play card games—Uno, War, etc.
27. On a school day, let them sleep in and go on a family outing instead.
28. Do a puzzle.
29. Read a book.
30. Do a project around the house—paint a room, fix something, etc.
31. Color or paint a picture together.
32. Tell jokes or make funny faces.