



Parent Cues

to know your child

Whatever your family rhythm looks like,

there are already times where you can naturally add moments of deeper connection.

Morning Time

preschool & elementary

Start you child's day with encouragement, even if they're grumpy or don't respond well.

Feeding Time

babies

Sing songs, smile, and maintain eye contact to build connection.

Drive Time

preschool & elementary

Use this time to connect with your child and get to know what's going on in their life and what's important to them.

Bath Time

preschool

Talk about their day and what the best part was.

Cuddle Time

preschool

Discuss how they've been feeling lately and help them to define their emotions if they're struggling to find the right words.

Meal Time

preschool & elementary

Talk about topics that relate to faith and character along with some things they've been seeing in their worlds lately. You can also discuss hypothetical situations and the best ways to respond to them.

Bed Time

preschool & elementary

Pray and/or talk about what went well today and what you hope for tomorrow.

Pick one of the times above to implement into your family's existing rhythm to add in some meaningful connection without having to add in a new specific time for it.