

MINDFUL PARENTING

10 Ways to Stay Connected with Your Child

Being a mindful parent creates a positive relationship with your child. Here are **10 strategies** to help you build stronger connections with your child.

I. GIVE THEM TIME EVERY DAY

Let your child do the things they love...and join them!





Give you child full attention and make them feel heard.



3. PRACTICE PATIENCE

Be understanding during the challenging moments.



4. BE A ROLE MODEL

Your child learns from you, so be a good teacher.



5. MINDFUL COMMUNICATION

Be open and honest with your child.



6. BE SUPPORTIVE

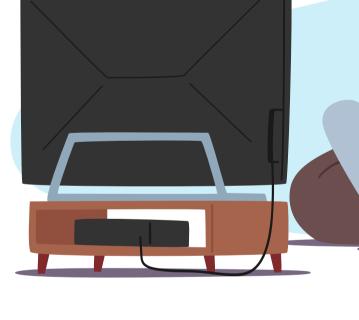
Encourage your child to express emotions.

Offer support and understanding.



technology-free periods.

reduce distractions.





Create designated

Create connections and



WITH YOUR CHILD

8. ESTABLISH A DAILY ROUTINE

Read together at bedtime, for

Bond with your child every day.

example.







Taking care of yourself will help

10. TAKE CARE OF YOURSELF, TOO

you take care of your child.

