

Ways to be present in your child's day:

Sit down on the floor and invite your child to join you

Sing "You are my sunshine" while you get them dressed

Make eye contact when they are talking to you

Find ways to say "yes" rather than "no"

Exercise together

Offer a hug or kiss

Slow down, take longer to do something you need to do
and invite your child to join you

Go into the yard and see what you discover

Catch your child doing something right and acknowledge it

Visit your local library

See how high you can count together

Turn off the TV, your phone, the computer, etc.

Tell your child about the first week after they were born

Really listen to your child's stories and ask questions

Teach your child a chore

Ignore the housework for the first hour of your day and
spend it with just you and your child

