8 ways to connect with your toddler in 0-20 minutes per day

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Less than 60 secs 

1 Use endearments like Baby, Sweetie in what you say

It reminds you & them about how much you love 'em!
It also helps you lash out less often!

2 Say, "I love you, always!" whenever you can

Add the 'always' to let them know that you love them unconditionally, no matter what!

Aha! Yes! You DON'T have to take time OUT to bond with your toddler!

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Parent & Child

In under 2 minutes 

3 Share hugs, cuddles & kisses for no reason!

Always be the last one to let go!

4 Listen intently & respond with care

Even when you don't understand what they're saying, make eye contact & respond in a way that matches their excitement or emotion.

Pro-tip: Create a unique sign language between you & your tot, to convey your love!

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In under 10 minutes 

5 Make daily chores fun!

- *Make funny faces as you brush your tot's teeth*
- *Play with them in the water, as you bathe 'em*
- *Eat together, whenever possible, or*
- *Engage them in fascinating stories as you feed 'em*

(a good way to replace screens during mealtime)

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In under 10 minutes 

6 Make the goodnight kiss, extra special!

As you kiss them Good Night, take a few extra minutes to highlight their good behavior & their inherent goodness.

Help them feel good about themselves & tell them how much you love them, no matter what!

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In under 20 minutes 

7 Together, do things you both enjoy!

- *Read together / Dance / Sing / Run / Jump*
- *Talk a walk*

8 Do Special Time!

'Intentionally' spend time with your toddler, giving them your undivided attention for unstructured play.
(No phones, No agenda).They lead, you follow.

- *Join them in pretend play*
- *Rough & Tumble play - wrestling, pillow fights*

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