

# 5 Steps to Everyday Connection

## 1 HUGS FOR ALL.

Cuddle daily. Many times, and for as long as you can.

## 2 LIGHT UP FOR THEM.

When your child speaks to you: turn to them, make eye contact, smile.

## 3 BE PRESENT.

Find some time to be 100% truly present each day.

## 4 ROUGH PLAY.

Laugh and bond through roughhousing.

## 5 SAY YES.

Look for opportunities to say 'yes'. Save 'no' for when you really mean it.