

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.



1. GIVE THEM TIME EVERY DAY

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



2. LISTEN CLOSELY

Give your 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.

7. LIMIT SCREEN TIME
Create designated technology-free periods.
Create connections and reduce distractions.



8. ESTABLISH A DAILY ROUTINE WITH YOUR CHILD

Bond with your child every day.

Read together at bedtime, for example.



9. FOCUS ON THE PRESENT

Let go of distractions and worries.



10. TAKE CARE OF YOURSELF, TOO

Taking care of yourself will help you take care of your child.