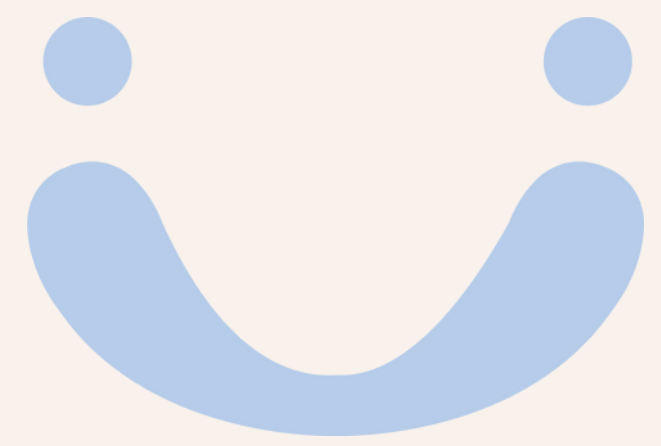


# daily acts of Connection



Have a chat in bed  
every night



Pop a note in their  
lunchbox saying  
something you love  
about them



Put your phone in  
another room



Take their childlike  
problems seriously



Stay compassionate  
when you're angry



Let them overhear  
you say good  
things about them



Write a letter for  
when they are an  
adult



Ask them for their  
opinion on something  
that matters to you



Allow them to say  
no - even to you