

Families, here are five simple and effective strategies to practice connection with your young child at home without using toys:

1. Active Listening

Give your child your full attention when they speak. Make eye contact, listen without interrupting, and acknowledge their feelings. This shows them they are heard and valued.

2. Physical Affection

Use hugs, hand-holding, or simply sitting close to your child. Physical touch helps build a sense of security and warmth in your relationship.

3. Emotion Coaching

Help your child understand their emotions by naming and validating them. For example, "I see you're feeling sad because your toy broke," which helps them feel understood and supported.

4. Quality Conversations

Engage in meaningful conversations by asking open-ended questions like, "What was the best part of your day?" or "How are you feeling today?" This encourages them to share their thoughts and emotions.

5. Be Playful

Engage in playful activities like silly games, imaginative play, or making each other laugh. Play fosters bonding and helps children feel emotionally connected to you. This encourages them to share their thoughts and emotions.

