

30 Ways to Connect with a Child

Playing and interacting with your child is one of the most important things you can do to help your child learn. This also is a time to build a bond with your child and help him or her develop a sense of competence and self-worth.

Below are 30 ideas for connecting with your child:

1. Read books together – each pick out your favorite.
2. Draw a picture to share with a family member or friend
3. Talk about what you are thankful for.
4. Help another family member.
5. See what will sink in water.
6. Visit the library and get your child their own card.
7. Have a family game night.
8. Have a picnic outside.
9. Pretend to be dinosaurs.
10. Watch a television show together.
11. Eat vegetables and dip.
12. Look for circle shapes inside and outside.
13. Learn a new skill.
14. Paint your favorite thing.
15. Volunteer together as a family.
16. Dance to music.
17. Go to the park or playground.
18. Pretend you are a circus performer (tightrope walker, ringmaster, etc.).
19. Make silly faces.
20. Give lots of hugs.
21. Turn off the TV for a day.
22. Leave a love note for someone on their pillow.
23. Coordinate a treasure hunt around your house.
24. Make a list of things you are thankful for.
25. Bake or decorate cookies.
26. Choose something to count (trucks, dogs, etc.) and take a walk to look for them.
27. Watch the sunset.
28. Finger paint.
29. Plant some flower seeds.
30. Tell your child that you love him or her.

Remember to let interactions with children happen at the child's pace and take cues from the child when doing something new. Keep in mind that children take more time to learn and move from one idea to another. A parent's participation, encouragement and positive feedback are critical to helping a child play, interact and learn.