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Richmond & Petersburg

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CONNECT



BY APOLOGIZING

Even if it
happened long
ago, saying
sorry can
rebuild trust.



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CONNECT BY WRITING

Notes show extra effort to
connect and won't be forgotten.



CONNECT BY PLAYING

Join them for an activity you normally would decline.



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CONNECT BY PAUSING

It only takes a moment to share a joke, give a hug or ask a question.





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CONNECT BY ASKING



Just one or two questions and a listening
ear can show you care.




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CONNECT BY LAUGHING

Using
humor can
reduce
stress and
anxiety.



For kids,
playtime with
friends
just isn't
the same
as playtime
with a caring
adult. Never
say you're too
old to play.

**WHAT ARE
ACTIVITIES
YOU BOTH
ENJOY?** 



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Ask sincere questions to connect. Even if he doesn't feel like talking, he needs to hear you express your desire to be close.

**CURIOSITY
SHOWS YOU
CARE.** 


Discover
what makes
your child
feel loved by
asking them,
“When was
the last time
that you felt
special?”

**LOVE THEM
IN A WAY THEY
UNDERSTAND.** 



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Practice
trusting.
When we
don't like
what we see
or hear, the
hardest
steps are to
simply listen
and connect.

**FOCUS ON
NEEDS—NOT
RESULTS.**

