

Ways to Reconnect

With your Firstborn

Share a favorite meal together	Go for a walk	Do something your child loves. Like play a video game, or draw.	Ask your child to teach you something new	Hug your child for at least 1 minute without saying a word.	Start a long-term project together. Spend 15mins a day on it. i.e., 1000-piece puzzle	Make sure your face lights up with your child enters a room. Smile and embrace him.
Sit quietly next to your child as he does his homework	Cook together	Have a movie night	Have a karaoke afternoon	Ask him about his friends and what he likes about them.	Tell him what you love about him. Be specific	Tuck him in like you did when he was a baby.
Read to him even if he knows how to read. You can take turns.	Tell him about when you were his age. Ask what he finds fun about being his age.	Play a get to know one another quiz.	Surprise him with a small gift that made you think of him.	Cuddle during the day.	Praise him about something he did in front of others.	Create a secret code or handshake
Ask him to choose your outfit for the day.	Have a YES day. Remember to have safety boundaries with a YES day.	Go on a trip for a couple of days, just the two of you.	Write a letter telling your child what he means to you.	Leave notes in his lunch or on his pillow.	Find a song you both love and make that your song. Play it on some mornings.	Get a plant and name it together then affirm the plant daily.