

Spotlight On Family Connection

Tips to Enhance Connections between Family & Child.

These tips are the ideas of Laura Markham, Ph.D. author of *Peaceful Parents, Happy Kids*. Her work was featured in Psychology Today on June 27th, 2017.

See the FBCS website for a link to her original article

- ✓ Aim for 12 physical contacts each and every day.
 - Virginia Satir, a family therapist, states that humans need four hugs a day for survival. We need eight hugs a day for maintenance and twelve hugs a day for growth.
 - The physical contact does have to be a hug, however.. Choose the type of physical connections that are meaningful to your child. It could be a high five, a handshake, a pat on the back or a hand squeeze. Even eye contact with a smile is a great way to let your child know you love them. Humans need physical contact to stay healthy.

- ✓ Play Together and Be Goofy
 - Laughing together offers an opportunity to release the day's anxieties and reconnect. Laughter also releases endorphins that can actually diminish physical pain.



✓ Turn off Technology when you Interact

- Your child will remember that they were more important than whatever else demanded your attention. When riding in the car, turning off the music can be an invitation to open up and share what is going on at school or in social relationships. In addition, the lack of eye contact when riding in a vehicle can lessen the pressure and increase the communication.



✓ Make time for One-on-One Activity

- Carve out time for an activity that you both enjoy. You know your child best. Aim for 15 minutes a day of uninterrupted time.

✓ Welcome Emotion

- Dealing with our own emotion can be challenging and so it is no wonder that it is often difficult to welcome our child's emotional outbursts. Realize that often, the first emotion to crop up is anger but that behind the anger, lies hurt, frustration and fear.

✓ Listen and Empathize

- Try out phrases such as "Tell me more...", "I see ...", "How did you feel when ..." and "Wow!". Actively listening to your child and viewing the situation through his/her perspective will help you connect on a deeper level.



✓ Slow Down and Savor the Moment

- Like it or not, the Middle & High School years will fly by and soon, your child will be an adult. Take some time each day to soak in a moment you may otherwise take for granted. Sit with your child as he/she works on homework. Make dinner together. Listen as your voices mesh as you sing to a favorite song. Enjoy the quiet time sitting in the car side by side.

✓ Show Up

- Remember to be present in the moments you have with your children. In a world full of distractions and people who need more and more of your time, commit to be fully present when interacting with the ones you love the most.



Mark your calendar for our next FACE meeting:

January 8th in the HS Conference Room.

7:45 – 8:30 am and again at 3:30 -4:15 pm.

Questions?

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