PRINTABLE PARENTING GUIDE

15-Minute Daily Connection Checklist for Busy Parents

Small, screen-free moments that build lifelong emotional security and trust.

This Week's Goal: Pick 1–2 items each day

M T W T F S S

DAILY CONNECTION RITUALS

Done	Meaningful Activity	Time
☐	**The Phone-Free Greeting** Put your phone in another room for 10 minutes right after work or school and give a warm, unhurried hug.	10 mins
☐	**Eye-Level Active Listening** Crouch down to your child's eye level when they share a story, drawing, or big feeling—without interrupting.	5 mins
☐	**Child-Directed Floor Play** Sit on the rug and let your child choose the game, rules, and roles while you simply follow their lead.	15 mins
☐	**Kitchen Helper Moment** Invite them to wash fruit, stir batter, or set napkins on the table while chatting about their favorite part of the day.	10 mins
☐	**Screen-Free Car or Walk Chat** Turn off music or podcasts for a few minutes and ask: "What made you laugh out loud today?"	5 mins
☐	**Five Extra Minutes at Bedtime** Sit quietly on the edge of their bed after storytime ends—kids often share their deepest thoughts right before sleep.	5 mins

Our Favorite Connection Moment This Week: