

April 2020

Theme of the Month: **Connection & Bonding**

Spend time focusing on activities and gestures that bring you closer to your child (ren) and family...

one day at a time.

and emotional

MAKE SOCIAL ^ LEARNING STICK **TODAY!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Smile and say I love you.	2 Offer or ask for a spontaneous hug.	3 Write a letter of appreciation.	4 Go for a walk together.
5 Compliment each other.	6 Make and eat a meal or snack together.	7 Show appreciation with words and gestures.	8 Listen fully without judgement.	9 Tell a funny story about a past family memory.	10 Validate your child's feelings, "I can see you are upset."	11 Wink at each other throughout the day.	
12 Watch a favorite family show together.	13 Listen to music together.	14 Schedule "date night" with your child.	15 Develop a routine for family time and family meetings.	16 Do an art project.	17 Make a special handshake.	18 Cuddle together.	
19 Notice something that your child did well.	20 Show interest in what your child is interested in.	21 Show excitement when your child walks in the room.	22 Tell a story about a fun family vacation.	23 Read together.	24 Relate to your child's feelings by saying "I have felt that way too."	25 Sit near your child, even if you are not doing the same thing.	
26 Reflect what you hear your child saying..."Sounds like you're feeling ____."	27 Show full attention when your child is talking to you.	28 Find solutions to problems with your child's input.	29 Share your thoughts and feelings.	30 Remember to laugh and have fun together.	 (C) MakeSocialLearningStick.com		