



10 Mini-Connection Prompts

These mini-connection questions are small but mighty –specific enough that most kids can answer easily, and they prompt both of you to share the details of life that make for a rich relationship. Feel free to adjust for age and interests, of course.

- What was your favorite part of the day? (You can tell yours too.)
- What are you doing right now? (You can share about what you're doing too.)
- Where are you right now? (Can you see the same moon?)
- What did you have for breakfast? (or lunch, dinner – what's your favorite food?)
- What's one thing you're looking forward to about _____ (Christmas, your birthday, school, this weekend, seeing your friend...)
- Sing a song - Happy Birthday, You Are My Sunshine... (Perhaps ask about a song the child knows that they can sing to you.)
- Tell a poem or rhyme. (Maybe a silly bedtime rhyme, an I love you rhyme, etc.)
- Tell a joke, or ask them to tell you a joke.
- Tell me one thing you've learned this week.
- Send a dream - I hope you dream about “butterflies” tonight, etc.

Top Tips:

Collect moments to tell about that are meaningful to the specific child you're connecting with. For instance, if you saw a hummingbird together last time you saw them, and you see another hummingbird you could share that.

Make it specific – particularly with young children, it's much easier to answer a specific question (Tell me one thing about...) rather than a big open ended one (Tell me about your day.)

Making it regular – You might try to make a regular time to connect. It's not always possible, but can be a fun way to build anticipation if you're getting in touch at a certain time of day, every Saturday night, every Monday morning, etc.