

EMOTIONAL CONNECTION: EXERCISE / REFLECTION

Do we feel emotionally connected to our child?

Do we feel that our child is emotionally connected to us? Do we feel they are afraid of our reactions or feel comfortable with us at all times?

What are the things we can do to repair the connection in our relationship if it was ruptured due to certain actions/words (example: time out)?

What conversations do we want to open up about with our child?