

IDEAS TO NURTURE CONNECTION IN YOUR FAMILY



By spending quality time each day with your child you can nurture your relationship and support their emotions. Here are some simple ideas you can implement in your home.

1 TIME TOGETHER

Set aside one on one time with each of your children and partner to do something they enjoy.



2 HAVE A DINNER DATE

Choose one day each week to have dinner together around the table. Phones off always helps with conversation.



3 A WALK FOR YOUR SENSES

Take a walk together and notice the things around you. Name what you can hear, see, smell, touch or taste.



4 PLAY A GAME

Choose a game to play together - a board game, an outdoor game, a sport or craft activity.



5 READ TOGETHER

Read to your child, have them read to you or make up a story before bed.



6 PLAN AN ACTIVITY

Plan an activity you would like to do together - go to dinner, see a movie, go for a beach walk or visit a gallery. Talk about the details including what you'll wear, what you'll take with you, when you'll go and what you're looking forward to.



7 HAVE A DANCE PARTY

Play some loud music, each person can choose a song and dance together. You could even put your dancing clothes on!



8 CREATE TIME FOR A CHAT

Start a conversation and find out more about one another. Talk about favourite foods, favourite activities or favourite places.



SUPPORT FOR YOUR FAMILY

Below are some helpful links and local supports for your family.

- [Raising Children Network](#)
- [Anglicare Parentzone](#)
- [Good Shepherd Victoria](#)
- [Family Life](#)
- [Better Place Australia](#)
- [The Fathering Project](#)
- [Fusion Mornington Peninsulat](#)