

10 Minute Connection Menu

YOU DON'T NEED AN HOUR. YOU DON'T NEED A PLAN. YOU JUST NEED A MOMENT OF PRESENCE.

AFTER A FULL DAY APART, CHILDREN CRAVE A SENSE OF "WE" AGAIN—SOMETHING THAT SAYS: WE'RE HOME. WE'RE SAFE. WE'RE TOGETHER. THIS MENU IS HERE TO HELP YOU CHOOSE ONE GROUNDING CONNECTION RITUAL THAT FITS YOUR ENERGY, YOUR TIME, AND YOUR CHILD'S NEEDS.

CONNECTION YOU CAN FEEL

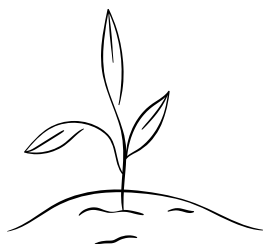
CHOOSE ONE SENSORY-BASED OPTION THAT HELPS REGULATE BOTH OF YOU:

- ◆ ROCK IN A CHAIR OR SWAY TO MUSIC
- ◆ SIT ON THE FLOOR AND BUILD A TOWER TOGETHER
- ◆ OFFER A BACK RUB, FOOT MASSAGE, OR BRUSHING HAIR
- ◆ SWING TOGETHER OR BOUNCE ON A YOGA BALL
- ◆ TAKE TURNS TRACING SHAPES ON EACH OTHER'S BACK



CONNECTION THROUGH STILLNESS

CHOOSE ONE QUIET, LOW-DEMAND MOMENT OF CLOSENESS:



- ☐ SNUGGLE UNDER A BLANKET AND LISTEN TO SOFT MUSIC
- ☐ LAY DOWN SIDE BY SIDE AND LOOK AT THE CEILING OR SKY
- ☐ DRAW TOGETHER WITH NO INSTRUCTIONS
- ☐ READ THE SAME BOOK EVERY DAY AS A "REUNION STORY"
- ☐ SIT TOGETHER WITH YOUR EYES CLOSED AND HOLD HANDS

CONNECTION THROUGH PLAY OR STORY

CHOOSE ONE PLAYFUL RITUAL TO HELP YOUR CHILD RELEASE AND RECONNECT:

- ◆ STUFFIE CHECK-IN: "HOW WAS YOUR DAY, BUNNY?"
- ◆ TAKE TURNS MAKING UP SILLY STORIES ABOUT THE DAY
- ◆ USE PUPPETS TO ACT OUT SCHOOL EXPERIENCES
- ◆ PLAY A 2-MINUTE CHASE OR HIDE-AND-SEEK GAME
- ◆ DO ONE "MIRROR MOVEMENT" STRETCH WHERE YOU COPY EACH OTHER



OUR TOP 3 FAVORITES:



- ☐ _____
- ☐ _____
- ☐ _____

REMEMBER: EVEN 10 MINUTES OF UNDISTRACTED CONNECTION IS ENOUGH TO SHIFT THE ENTIRE EVENING.



Disclaimer: The information shared in this guide is for educational purposes only. It is not intended to diagnose, treat, or replace medical, therapeutic, or professional advice. Every child and family is unique. Please consult your healthcare provider, pediatrician, or qualified mental health professional for individualized guidance regarding your child's development, health, or emotional well-being. The strategies and reflections shared here are designed to support connection and understanding, not to serve as medical or psychological treatment. Listening to or reading this material does not create a professional or coaching relationship with The Family Gateway or the authors. If at any time you or your child experience heightened distress, overwhelm, or safety concerns, please reach out for support from a trusted healthcare provider or local emergency service.

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The Family Gateway
support@thefamilygateway.com