



TIPS TO RECONNECT AFTER YOUR KIDS' TIME AT THEIR OTHER PARENT'S HOUSE

1

SHOW THEM YOUR DELIGHT

Slow down, get at their level, make eye contact, give them a big hug, a spin or sway, and tell them you're so glad they are home with you. Take as much time as they need to reconnect.



2

CHOOSE CREATIVITY

Art allows kids to process freely. Drawing on a whiteboard, coloring, painting, stickers, or kinetic sand are common favorites



HARNESS MOVEMENT

Yoga or chi-gong together, have a fun silly dance party (preschool songs are great for all ages to get silly), play self-control games like Mother May I or Simon Says.

4

SURPRISE NOVELTY

Set up a tent in the living room or backyard, blow bubbles, wear hats or wigs, eat a silly snack like worms in "mud" (pudding).



5

SET A MISSION TO DO TOGETHER

Asking for their help fills their significance need and cooperation and collaboration puts you on the same team to set up your parenting time for success.

Cook something new, fix something broken, build something for the home, hang up decor, garden or harvest, even folding blankets!

