



Parents of Preschoolers

Living With Preschoolers

Session Three: Methods of Connection

Introduction

It's common for preschoolers to experience an increased need for connection at predictable times of day, especially during meetings, partings, and transitions. Many parents and caretakers have found ways to meet this need instinctively without even realizing it!

Question

Consider the connection methods listed below. Which ones most comfort and engage your child(ren)? Which ones do you find yourself relying on when your kids need you? Write them down on the next page or anywhere that works for you.

Invitation

This week, make note of the specific methods of connection that help you and your child recover after a stressful or difficult moment. You're doing great -- celebrate!

Connection Methods

singing * cuddling * reading together * making art *
going for a walk * dancing * tickling or wrestling (with
consent) * watching a movie * having a snack

Session Three: Notes

What connection methods help you respond calmly when things with your preschooler get tense? Feel free to write them here.

