

# April 2020



Theme of the Month: **Connection & Bonding**

Spend time focusing on activities and gestures that bring you closer to your child (ren) and family...

one day at a time.

*and emotional*

MAKE SOCIAL ^ LEARNING STICK **TODAY!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			<b>1</b> Smile and say I love you.	<b>2</b> Offer or ask for a spontaneous hug.	<b>3</b> Write a letter of appreciation.	<b>4</b> Go for a walk together.
<b>5</b> Compliment each other.	<b>6</b> Make and eat a meal or snack together.	<b>7</b> Show appreciation with words and gestures.	<b>8</b> Listen fully without judgement.	<b>9</b> Tell a funny story about a past family memory.	<b>10</b> Validate your child's feelings, "I can see you are upset."	<b>11</b> Wink at each other throughout the day.
<b>12</b> Watch a favorite family show together.	<b>13</b> Listen to music together.	<b>14</b> Schedule "date night" with your child.	<b>15</b> Develop a routine for family time and family meetings.	<b>16</b> Do an art project.	<b>17</b> Make a special handshake.	<b>18</b> Cuddle together.
<b>19</b> Notice something that your child did well.	<b>20</b> Show interest in what your child is interested in.	<b>21</b> Show excitement when your child walks in the room.	<b>22</b> Tell a story about a fun family vacation.	<b>23</b> Read together.	<b>24</b> Relate to your child's feelings by saying "I have felt that way too."	<b>25</b> Sit near your child, even if you are not doing the same thing.
<b>26</b> Reflect what you hear your child saying..."Sounds like you're feeling ____."	<b>27</b> Show full attention when your child is talking to you.	<b>28</b> Find solutions to problems with your child's input.	<b>29</b> Share your thoughts and feelings.	<b>30</b> Remember to laugh and have fun together.	 (C) MakeSocialLearningStick.com	