



Every family has a rhythm...even if your rhythm seems to beat to the drums of chaos.

For some, the mornings are frenzied because you have somewhere to be at a certain time, but you've got people (ahem, kids) around you with no concept of time.

For others, nighttime is more hectic because as you're winding down physically, your kids seem to have a battery pack of energy that only activates when it's time for bed.

For many of us, there's a combination of the two chaotic situations...with the new back-to-school rhythm added in to make things really fun.

Even if your family's rhythm is a bit unruly, you do have a rhythm—those regular moments that happen throughout your day or week no matter what. And without adding one more thing to your to-do list, you can leverage specific times you already have to build habits of connection with your family.

## **Here's how:**

### **Morning Time** (any kid, any age)

Start your kid's day with an encouraging word, even if they're grumpy or don't respond well.

### **Feeding Time** (for babies)

Use this time to reflect on what's most important.

### **Cuddle Time** (for preschoolers)

Share with your baby, toddler, or preschooler what you love about them.

### **Bath Time** (for preschoolers)

Talk about things that are related to character and be curious about their day. Point out how their character was noticeable during those moments in their day.

### **Drive Time** (any kid, any age)

While on the go, use this time to get to know what's going on in your kid/teen's life and what's important to them.

### **Meal Time** (any kid, any age)

Talk about your day, what you loved about it, and what you wish you could change.

### **Bed Time** (any kid, any age)

End the day on a positive note with connection and prayer for who they are and your hope for the following day.

No matter what your family rhythm looks like, these regular moments in your day are where you can maximize your connection with your family. And rest assured these moments don't have to be complex, instead go for simple and consistent.

Article is taken from: Parent Cue

[https://email.theparentcue.org/connection-cues-for-every-family-rhythm?ecid=ACsprvsjcvboogPIPF9KJiYXU3dWBBF1N-0bmhjM\\_6eaJiZQanWfQgr3HgwPBaYIWvZC-2itEjBM&utm\\_medium=email&hsmi=274226694&hsenc=p2ANqtz-p6UsCQUISPCm5z-zScB1xqojO2wqkCxlAgGZRlZA7Cylo2eRAaPUtXBei\\_uhg86dROZ8fvzxZkme3HE4LI\\_OVI9OCTIfUfe83RSa75qSpen\\_S-2U&utm\\_content=274226694&utm\\_source=hs\\_email](https://email.theparentcue.org/connection-cues-for-every-family-rhythm?ecid=ACsprvsjcvboogPIPF9KJiYXU3dWBBF1N-0bmhjM_6eaJiZQanWfQgr3HgwPBaYIWvZC-2itEjBM&utm_medium=email&hsmi=274226694&hsenc=p2ANqtz-p6UsCQUISPCm5z-zScB1xqojO2wqkCxlAgGZRlZA7Cylo2eRAaPUtXBei_uhg86dROZ8fvzxZkme3HE4LI_OVI9OCTIfUfe83RSa75qSpen_S-2U&utm_content=274226694&utm_source=hs_email)