

GIVE YOUR KIDS WHAT THEY WANT!

HERE ARE 5 WAYS TO SHARE EVERYDAY MOMENTS WITH THEM

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What do kids care about most?

It's not found in any toy catalog. What they really want is everyday moments with us.

TAKE RESPONSIBILITY

If there is a need to strengthen a relationship with your children, we are the adults. We get to decide what we're putting into this.

“WHAT FACE DO THEY SEE?”

When they walk into a room & look at you, what face do they see? Do my eyes light up and glow back at them?

“WHAT WORDS DO THEY HEAR?”

What words do they hear when we first interact? Is it only focused on what they haven't done or need to do?

DON'T COMMUNICATE COLD TURKEY

Warm up the space that comes before the business part.

WRITE THEM NOTES

Write handwritten notes often. With consistency and over time it will bring you together.

reflections:

How is the quality of the everyday moments with my kids?

What types of everyday moments am I having with my kids?

What does my face look like when my kids approach?

What are the first words my kids hear when we interact?

How can I warm up the space before we have a conversation with our kids?

How can I write more notes to my kids?

How can I add more meaning to everyday habits?

Notes: