

1. CHILDREN NEED A MINIMUM OF 8 TOUCHES DURING A DAY TO FEEL CONNECTED TO A PARENT.

If they're going through a particularly challenging time, it's a minimum of 12 a day. It could be as simple as, the straightening of a collar, a pat on the shoulder or a simple hug.



2. EACH DAY, CHILDREN NEED ONE MEANINGFUL EYE-TO-EYE CONVERSATION WITH A PARENT.

It is especially important for babies to have that eye contact, but children of all ages need us to slow down and look them in the eyes.



3. THERE ARE 9 MINUTES DURING THE DAY THAT HAVE THE GREATEST IMPACT ON A CHILD:



* The first 3 minutes right after they wake up

* The 3 minutes after they come home from school



* The last 3 minutes of the day before they go to bed



WE NEED TO MAKE THOSE MOMENTS SPECIAL AND HELP OUR CHILDREN FEEL LOVED. ❤️