Kid Matters Counseling P.C.

Holiday Parent's Chart

The gift of presence: check off each moment you give this week.



Behavior	M	T	W	T	F	S	S
Hugged my kid "just because" 							
Helped my kid with a chore 							
Took 3 calming breaths today 							
Played or was playful with my kid today 							
Apologized with specifics when I got it wrong today 							
Showed grace to my kid when they got upset 							
Did something silly just to make my kid laugh 							

Our Holiday Connection Chart

Kid Matters Counseling P.C.



Chosen by: _____ Pick 5 to 7 ideas and write them below.

What I want more of	M	T	W	T	F	S	S

Kid Matters Counseling P.C.

Holiday Connection Ideas



Kids, pick your favorites! Every idea is free, at home, and takes 15 minutes or less.

Cuddles and closeness



- ◯ A big hug just because
- ◯ Snuggle and read a book together
- ◯ Back scratch or hand massage at bedtime
- ◯ Tuck me in and tell me one thing you love about me

Play together



- ◯ 10 minutes of play where I'm the boss
- ◯ Build something together (blocks, LEGO, a blanket fort)
- ◯ Play a board game or card game
- ◯ Draw or color side by side

Help me with things



- ◯ Do one of my chores with me
- ◯ Cook or bake something together
- ◯ Help me pick out my clothes or pack my bag

Talk and listen



- ◯ Ask me about the best part of my day
- ◯ Listen to my story without your phone
- ◯ Tell me a story about when you were little
- ◯ Write me a note or draw me a picture

Silly stuff



- ◯ Have a dance party in the kitchen
- ◯ Talk in a funny voice for a whole minute
- ◯ Tell me a joke or let me tell you one
- ◯ Make silly faces in the mirror

Calm down together



- ◯ Take 3 big breaths together
- ◯ Stay with me when I have big feelings
- ◯ Say sorry when you get it wrong, and tell me what for

1 Read the ideas together **2** Circle 5 to 7 favorites **3** Write them on our chart

My idea: .....