

Parenting Tips: Staying Connected as a Family

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1 Create Traditions

Traditions can make us feel excited and a part of something. Try to do things with your family that you do every year with your kids. That's special with your household. It may be something that's passed down, or things you come up with. Watch the same movie every year, and bake cookies every year. Something special for your family that everyone looks forward to. Helps build traditions and feel connected. Think out side the box.

2 Spend Time Together

There's a lot of different activities outside of food you can do with kids, like creating holiday crafts, going to a theater, going to a train garden, or finding a local activity with a holiday theme. Find holiday books and bring them out at the same time each year. It gives everyone something to look forward to.

3 Connect Virtually

If you can't be together in person with friends or family, stay connected over Zoom or FaceTime, or just on the phone. Can you can set up a call where they read a book, and your kid has the same book, and they look at read together, but over the phone or computer.