



Cedarwood School

Prep Switchboard: 011 465 9830 / 011 467 4657
Emergency: 071 609 7253

College Switchboard: 011 467 4889
Emergency: 072 617 5291

113 Dunmaglass Road, Glenferness | www.cedarwoodschool.co.za



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Big Little Moments

A **little** bit of effort in being fully present with your child has a **big** impact in nurturing a positive relationship.



Being Present asks you to make a choice: to be willing to turn down the volume on all of those competing thoughts and emotions, at least temporarily, and stop and connect with yourself, and your child.



Emotional Presence: Creating a relationship where you as the parent are attuned to not only your child's physical needs, but their psychological, social and emotional needs too.

Ways to Be a More Present Parent:

Your time, your heart and your full attention are all precious gifts.

PAUSE, BREATHE, and RESPOND (PBR) with intention.

Hide Your Phone: Put your phone in a drawer during meals; Stick it in the glove box for short car trips; Leave it at home when you all walk the dog.

Effective Connection Through Communication:

Active Listening: Use gestures such as encouraging smiles, affirming nods and asking questions - shows you are fully engaged and interested.

Reflective Listening: Act like a mirror - repeat what your child says to you in different words. Help your child put into words how they feel - both positive and negative feelings.

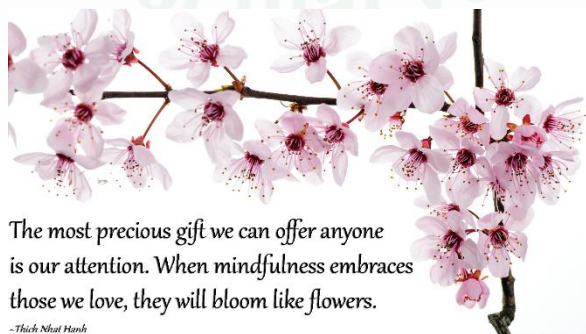


How to EMOTIONALLY connect with your child:

- Talk (and listen) to them
- Take an interest in their interests
- Invite them into your world
- Find a hobby together
- Monitor your child's social media presence and usage (make sure you are friends/following etc your child on each platform)
- Really engage with and talk with your child about their interests and what is on their mind
- Nurturing routines for morning, dinner, and bedtime. Eat dinner together without TV or other electronic devices around
- Greet your children with a smile when they walk into a room
- Have everyone share "the rose and thorn" of their day at dinnertime

Being present with your Foundation phase child:

- Spend one-on-one time with your child doing things you both enjoy
- Be patient and empathetic towards child's complaints and whining
- Encourage your child's collections and interests
- Provide opportunities for group activities and social interactions
- If your child enjoys video games, become familiar with the game and play along
- Support your child's competitive interests
- Organise games nights with developmentally appropriate board and card games and weekend outings (allow each family member to put a few ideas in a hat that the family can do together - take turns over the holidays- drawing out an activity to do)
- Hang out and play together. It can be anything. Plan movie nights. Dance in the living room. Play board games. Play at the park. Spend time together





Being present with your Intermediate phase child:

- Provide opportunities for social interactions with friends as well as group activities
- Spend one-on-one time with your child for at least 30 minutes a day, allowing your child to choose the activity
- Organise family time, such as games nights, weekend outings, bike rides, picnics, hikes/walks, visits to theme parks or exhibitions, going to the cinema, visiting a market and so on
- Engage as a participant in video games/Xbox/PlayStation with your child, but also allow your child time to play these with friends without your involvement
- Keep in touch with what is happening with peer relationships and activities through listening and observing

Being present with your adolescent child:

- Spend one-on-one time with your child for at least 30 minutes a day, doing something that you both enjoy
- Organise full or half day outings to spend quality time with your child alone
- Provide opportunities for social interactions with friends and try to be flexible with these arrangements
- Engage as a participant in video games/Xbox/PlayStation with your child, but also allow your child time to play these with friends without your involvement
- Talk with your child openly, yet appropriately, about relationships (physical and emotional or social) with your child to send the message that your child can talk with you whenever they have questions or issues
- Respect your child's growing opinions and views of the world and have discussion about them

*Your presence
will always
mean more
than any presents
ever could.* LOVABLEQUOTE.COM