



CONNECTION

**3 practical tools to help your child feel
seen, heard and genuinely enjoyed**



**Connection does not always need more time.
Sometimes it needs a different kind of attention.**

Enter their world. Notice their reach. Be with them.

Connection is not another task for your to-do list.

Aapko har roz ek perfect activity plan karne ki zaroorat nahi.

Connection chhote moments mein bhi build hoti hai - jab child ko experience hota hai ke aap uski duniya notice karti hain, uski baat receive karti hain, aur sirf correct ya direct nahi karti.

TOOL 1 - FOLLOW THE SPARK

Din mein ek moment notice karein:

'Mere child ki attention abhi naturally kis cheez par gayi hai?'

Phir 30-60 seconds ke liye uski duniya join karein - bina conversation ko immediately teach, quiz ya redirect kiye.

Child: 'Mama, dekho ye ant!'

Instead of sirf 'haan beta, chalo jaldi', ek moment ke liye join karein:

'Oh! Ye kahan ja rahi hai?'

Aapko activity create nahi karni. Child ne jo 'spark' diya hai, usko briefly follow karna hai.

TRY THIS:

Aaj ek dafa apne child ke interest ko 60 seconds ke liye follow karein - without taking over.

Outcome: child ko feel hota hai, 'Mama meri duniya mein interested hain.'

TOOL 2 - THE CONNECTION SWITCH

Kabhi hum child ke saath hotay hue bhi mostly command-question-correction mode mein hotay hain.

Ek short interaction mein SWITCH karein:

LESS DIRECTING

'Idhar rakho.' 'Ye karo.' 'Aise nahi.'

MORE NOTICING

'Tumne blocks ko bohat uncha stack kiya.'

REFLECTING

Child: 'Ye dragon ka ghar hai.'

You: 'Oh, dragon ka ghar hai!'

ENJOYING

Warm face, soft tone, genuine interest.

Goal child ko entertain karna nahi. Goal hai kuch moments ke liye performance aur correction se hat kar presence mein aana.

TOOL 3 - CATCH THE TINY BID

Children connection hamesha 'Mama, mujhe emotional connection chahiye' keh kar nahi maangte.

Bid ho sakti hai: 'Mama dekho', random fact, silly joke, drawing dikhana, baar baar paas aana, ya 'mere saath betho'.

Use:

SPOT - 'Kya ye mujh tak pohanchne ki chhoti si koshish hai?'

TURN - eyes, face ya voice se briefly child ki taraf turn karein.

RETURN - ek genuine response dein: 'Show me.' 'Really?' 'Tum is se bohat excited lag rahe ho.'

Busy hain? Bid reject karna zaroori nahi:

'Main dekhna chahti hun. Mujhe ye kaam finish karne do, phir dikhao.'

Connection does not mean constant availability.

A Note *for You*

Mama, connection is not measured only in hours.

It is also built in tiny moments of being truly with your child.

You do not have to become your child's entertainer.

You can cook, work, care for the home - and still create moments of connection.

Follow one spark. Change one interaction. Catch one tiny bid.

Small moments, repeated often, can shape the relationship.

REMEMBER

Your child may not always need more of your time
Sometimes they just need to feel that, in this moment, you're truly with them

With Love

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