

THE MOST IMPORTANT 9 MINUTES OF EACH DAY



THE FIRST 3 MINUTES WHEN THEY WAKE UP

INSTEAD OF...

- ◇ Abrupt wake-ups and rushing



TRY...

- ◇ "Let's lay and wake up together for 3 minutes."
- ◇ "I love starting my day with snuggles with you."
- ◇ "What are you most looking forward to today?"



THE FIRST 3 MINUTES WHEN THEY GET HOME FROM SCHOOL

INSTEAD OF...

- ◇ Letting them run to the TV
- ◇ Asking about homework
- ◇ Greeting them from another room



TRY...

- ◇ "I'm so happy to see you. Tell me about the best part of your day."
- ◇ "You look sad. Let's sit down and snuggle for a minute."
- ◇ "Let's have a snack and share our highs and lows of the day."



THE LAST 3 MINUTES BEFORE THEY GO TO SLEEP

INSTEAD OF...

- ◇ Saying goodnight and sending them off to bed on their own
- ◇ Tucking them in and leaving right away



TRY...

- ◇ "What were you most grateful for today?"
- ◇ "What was the best part of your day?"
- ◇ "I loved how you showed perseverance today."

THESE SHORT MINUTES WILL MAKE ALL THE DIFFERENCE FOR YOUR CHILD'S MINDSET, BRAIN DEVELOPMENT, AND MENTAL WELLBEING.