

# SIMPLE CONNECTION

BY CHANELLE NEILSON COACHING



# Introduction

## SIMPLE CONNECTION



Connecting with our families is so important. We love them so much, but sometimes in the rush of family life, we don't take the time to show them.

Finding moments in your day when you can create rituals around connection will make a difference in the closeness and connection in your family.

### Simple Connection:

- Touchpoint moments
- Rituals

## Touchpoint Moments

### IDEAS-KIDS

- when they wake up
- when they leave for the day
- when they come home
- when they go to bed



## Touchpoint Moments

### IDEAS- SPOUSE

- first thing in the morning
- when he's leaving for the day
- when he gets home
- when the kids go to bed
- when you go to bed

These ideas come from April Perry's book, *Thursdays with Zoe*. If these specific moments won't work for your family situation, use them to spark your own ideas for the moments you want to add in simple rituals of connection.

# Touchpoint moments

---

What touchpoint moments do you want with your kids?

.....

.....

.....

.....

.....

.....

# Touchpoint moments

---

What touchpoint moments do you want with your husband?

.....

.....

.....

.....

.....

.....



# TINY HABITS FOR CONNECTION



Trigger

Tiny Habit

Reward: Connection is the reward!

Trigger

Tiny Habit

Reward: Connection is the reward!

Trigger

Tiny Habit

Reward: Connection is the reward!

# Range of Possibilities

## MINIMUM

---

What is the minimum for your touchpoint moments?  
One moment? Something even simpler? What do you  
want to keep in *no matter what*?

.....

.....

.....

.....

.....

## MAXIMUM

---

What is your maximum? What would you like your ideal  
connection in your family to look like?

.....

.....

.....

.....

.....

.....