

5 Simple Ways to Stay Connected with Your Children Infants 🧒

Connect Without the Net 🌐

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children 7-12 months without the distractions of technology.

1. Make Some Moves 🦶

Have your child explore their surroundings by crawling there themselves.

2. Different Positions 🧒

Let your child get a feel of different positions, whether on their tummy, back, or sides.

3. Play Fun Games 🙌

Make your child excited with fun games, such as peek-a-boo, patty cake, hide and seek, and roll the ball.

4. Funny Faces 😊😭😡😱

Allow your child to get used to facial expressions by displaying different expressions through a mirror.

5. Toy Time 🧸

Provide your child with toys and engage with them as they play.



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5 Simple Ways to Stay Connected with Your Children

Age 1-3 🧒

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1. Arts and Crafts 🎨

Let your child explore their creative side by drawing or scribbling on pieces of paper with pens, markers, crayons, or pencils.

2. Movement 🧘

Explore the movements of the body through walking, running, jumping, jogging, or seeing who can stand on one leg the longest.

3. Verbal Engagements 🗣️

Have an engaging talking session with your child and answer any questions they might have, while also asking them some fun questions.

4. Read Alouds 📖

Read fun and immersive stories to your child that will excite their imagination. For even more fun, act out the scenes with your child.

5. Songs and Music 🎵

Work those vocal cords by singing songs with your child and playfully vocalizing rhymes.



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5 Simple Ways to Stay Connected with Your Children

Age 4-6

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Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children ages 4-6 without the distractions of technology.

1. Social Engagement

Provide your child with support and encouragement to socialize with others and make new friends.

2. Singing and Dancing

Make it a party with songs sung by you and your child and dance the night away.

3. Story Immersion

Engage in immersive stories to excite the curiosity of your child, and ask comprehension questions along the way.

4. Acting Games

Join your child in a game of make believe and act out scenes from their favorite stories, shows, or movies.

5. Staying Active

Go to a safe and open space outside and allow your child to move around by walking, running, skipping, hopping or doing some cartwheels.



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5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

AGES 7 - 10



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children ages 7-10 without the distractions of technology.



1. SHARED ACTIVITIES!

Participate in activities that they enjoy. This could be playing a sport, doing arts and crafts, or engaging in a favorite board game.

2. STORYTELLING AND READING!

Read books together or tell stories. This stimulates their imagination and encourages them to read and share their own stories.



3. CREATIVE PROJECTS!

Engage with them in model building, drawing, writing, cooking, etc. Creativity can be a great way to connect.

4. OUTDOOR ACTIVITIES!

Spend time outside engaging in physical activities such as playing sports, going for nature walks, or having a picnic.



5. SHOW GENUINE INTEREST!

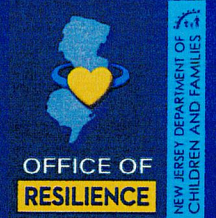
Listen actively and engage in conversations about their favorite topics—dinosaurs, space, or a particular TV show or movie.



For more information visit:
nj.gov/dcf/technoference.html

5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

AGES 11-13



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children ages 11-13 without the distractions of technology.



1. RESPECT THEIR INDEPENDENCE!

Allow them to make choices where appropriate and engage them in discussions where they can express their opinions and ideas.

2. ENGAGE THEIR INTERESTS!

Take time to learn about what they are passionate about, whether it's a particular sport, music, video games, or a hobby.



3. ENCOURAGE COMMUNICATION!

Create a safe space for them to express their thoughts and feelings without judgment. Be open to listening and validate their experiences.

4. SHARE EXPERIENCES!

Plan activities that you can do together, such as hiking, cooking, or attending events like concerts or sports games.



5. SUPPORT SOCIAL INTERACTIONS!

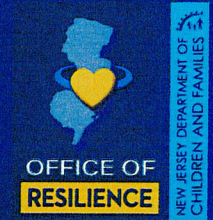
Encourage them to invite friends over or participate in group activities that are tech-free.



For more information visit:
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5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

TEENS



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with teens without the distractions of technology.



1. USE "SIDE-BY-SIDE" ACTIVITIES!

Use side-by-side activities, like cooking together, to create openings where they can open up about their feelings.

2. USE "MICRO-CONNECTIONS"!

Sometimes small acts can have big rewards. Use light humor, offer a genuine compliment, or share something about your day to get the ball rolling.



3. INVITE THEM TO TEACH YOU!

This counters the idea of parents as strict authoritarians. It models vulnerability and allows them to show off their expertise, which is great for building their confidence.

4. CREATE CONNECTION RITUALS!

Building a routine of activities that allow connection—grabbing coffee, going on a walk, or a special interest you share—can create a sense of stability and emotional safety.



5. DON'T BE AFRAID TO BE SILLY!

Teens still enjoy childish fun. Nerf battles, goofy jokes, wacky dance parties, and more promote playfulness, improve emotional regulation, and encourage engagement.



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