

THE MOST IMPORTANT 9 MINUTES OF EACH DAY

The way you spend **THREE MINUTES** during these times throughout the day and night will have a huge impact on your child's mindset, brain development and well being!



THE FIRST 3 MINUTES WHEN THEY WAKE UP

INSTEAD OF:

- ◆ Abrupt wake-ups and rushing

TRY:

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

THE FIRST 3 MINUTES WHEN THEY GET HOME FROM SCHOOL

INSTEAD OF:

- ◆ Letting them run to the TV
- ◆ Asking them about homework
- ◆ Greeting them from the other room

TRY:

- ◆ "I'm so happy to see you. Tell me about the best part of your day."
- ◆ "You look sad. Let's 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."