



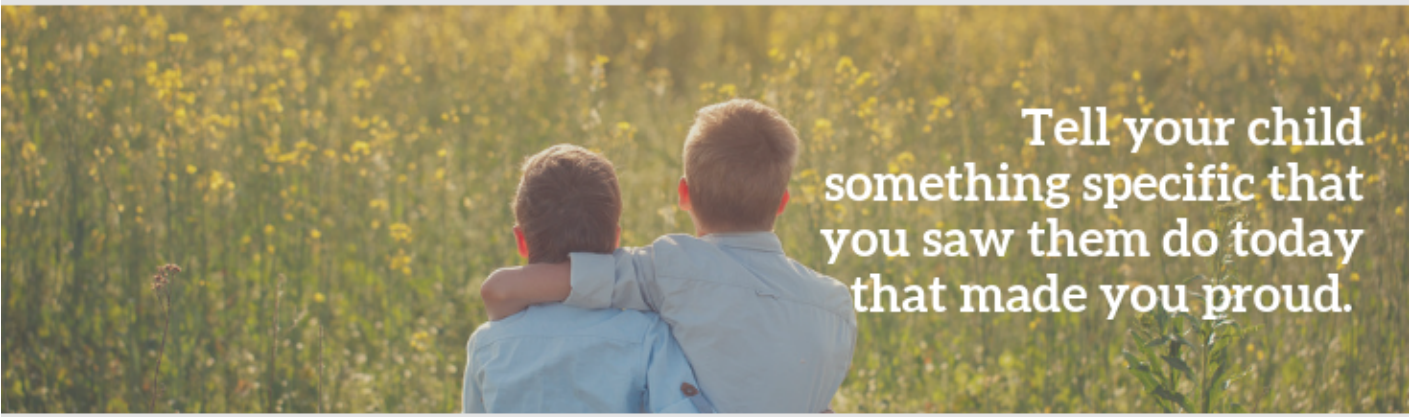
Ask your child at the end of the day, "What was your favorite part of today?"




For 1 day, set a timer to go off every hour on your phone. Each time it sounds, stop what you are doing and spend five minutes joining in on whatever your child is doing.



Explore a new natural area this month. Find a local lake, park, hiking trail or river walk and write it on your calendar.



Tell your child something specific that you saw them do today that made you proud.



Leave a note on your child's pillow before bedtime that tells them three things you love about who they are.

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