

Family Day Unplugged

02.16.2015



Disconnect to Connect™
with yourself • family • community

Tips for Making Connections with others

- ✓ *Have a family meal together* at least once per day. *Engage in meaningful conversation with each other.* A conversation starter could be “What was one good thing that happened today?” Share your story
- ✓ *Find opportunities to spend “face to face” time together* like planning a project or a vacation together. Work on a craft project or another activity together. Read to each other. Instead of sending an email to a co-worker make an effort to speak to them in person.
- ✓ *Encourage neighbourhood connections* by saying “hi” to neighbours or organizing a neighbourhood get-together. While you are outside shoveling your walk or mowing your lawn, take a break and visit with a neighbour for a few moments.
- ✓ *Learn the names of others* within your neighbourhood, school, church, workplace, etc. and when you see them, greet them by name.
- ✓ When talking with someone, *focus on their strengths*, what they do well or their talents.
- ✓ *Limit screen time, but also take the opportunity to engage in shared screen time with your children.* When watching TV, you can ask questions about a character’s behaviour, or what your child liked or disliked about the story. If your child likes to play video games, play with them for a short time, and then suggest doing something together outside.
- ✓ When you do make a connection with another person, *give them your undivided attention.* That might mean putting away your cell phone or other device and listening to them and only them.
- ✓ *Find your spark, something that you are passionate about and gives you joy.* Find others who share this spark and make a connection with them. That might be with a club or a community class or event.
- ✓ *Volunteer in the community;* help others who are less fortunate.
- ✓ *Make the time in your daily schedule to connect in person with someone* (family, friends, co-workers). Don’t leave it up to chance; make the time to do it.



COMMUNITY
DEVELOPMENTAL ASSETS
COLLABORATION

