



Alignment Funsheet - Line Builders

Alignment is a very useful parenting tool. It is our parenting superpower of being connected to our kids in a way that helps them want to cooperate with and behave for us.

The basic elements of Alignment in interacting with our children are:

Attention - pick up the line, is your child open to connect at the moment?

Look - make eye contact

Interest - showing interest in something your child is doing or interested in

Grin - see if you can get them to react to what you are saying or doing by giving you a grin

Nod - complete the connection with a nod from them of agreement or recognition

There are also a number of **Line Builders** that parents can use to create connections with their children. This funsheet will focus on the line builders of **Rituals and Routines** and giving the **Present of Your Presence**.

Rituals are things special to your family, perhaps related to how you celebrate birthdays, holidays or religious or cultural traditions. Do you have special activities you do, decorations you put up or foods you make at certain times of year that have become a ritual for your family? It's a bonus if these rituals involve extended family or community members (even remotely works!) Sticking with simple rituals is fine. If there are things that your family does already, don't feel you have to create new ones based on what you've seen others doing. The idea is to pick one or two that are significant to you and your family that you enjoy.

Routines are established things or activities you do regularly, from a bedtime routine or morning routine, to having a games night or movie night every Friday. Routines provide stability and predictability and help kids feel a sense of belonging and security.

The Present of Your Presence - Without saying anything, you can take a moment to communicate your unconditional love for your child just by showing your sheer delight of being in their presence, letting your face light up and having a twinkle in your eye when you see them. Align with your children by slowing down, disconnecting from technology or activity, giving them your full attention and showing them your love in the twinkle of your eyes. This provides the deepest level of Alignment - the sense of being known and cherished.

1. *What is one family ritual you can incorporate this month?*
2. *What is one routine you can focus on this week?*
3. *How can you remind yourself to pass along an eye twinkle to your child every day? As they go off to school? As you greet them after school/work? With a bedtime hug?*