

Elements of Connection



Eye Contact

Get down to the child's eye level to achieve eye contact for a brief moment. When the eyes meet, the brain forms neural connections. With this connection, we can "download" our calm into the child that is in their emotional or survival state. Practice saying things like, "There you are. You are safe. Breathe with me. You can handle this."



Presence

Being present in the moment means your mind and body are in the same place. Your mind is purely focused on what you are doing in the moment. Declutter your mind and calm your body. You are still enough to see the beauty in the child. Presence is about joining together to share in the same moment. Being in the moment is where you find joy.



Touch

Touch is one of the only senses we cannot live without. The skin and the brain are made up of the same type of tissue; when we touch something it is as if our brain is touching it too. The brain needs to touch because it is an essential part of brain development and learning. In order to have smart, happy children we need to provide appropriate, caring touch.



Playfulness

Playfulness is the essence of connection. It helps build the bonds between us and the children. Playful activities signal the brain to produce dopamine. Dopamine tells the brain to pay attention and stay focused. That's why playful situations strengthen brain development. Playfulness increases attention spans and improves social development.



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