UNBURDENED PARENT | QUICK CONNECTION MENU

What Can We Manage Today?

Choose one thing that fits the energy, time and money you actually have today. Small connection still counts.

WE HAVE ALMOST NO ENERGY

- [ ] Floor picnic with food already made
- [ ] Pick three old photos and talk
- [ ] One episode together, no scrolling
- [ ] Ten-minute walk around the block

WE CAN MANAGE SOMETHING AT HOME

- [ ] Living-room camp with blankets
- [ ] Family taste test from the cupboard
- [ ] Let your child teach you something
- [ ] Make one simple thing together

WE NEED TO GET OUT OF THE HOUSE

- [ ] Library mission
- [ ] Photo walk with a simple theme
- [ ] Take the snack somewhere else
- [ ] Find and rate the best bench

ONE CHILD NEEDS A LITTLE MORE OF ME

- [ ] Fifteen minutes, their choice
- [ ] Take them on an ordinary errand
- [ ] Come sit with me, no agenda
- [ ] Mini walk when another adult is available

WITH OLDER CHILDREN AND TEENS

- [ ] Two-song music exchange
- [ ] Show me something you are into
- [ ] Walk without the interview
- [ ] Do a tiny shared project

MONEY IS PARTICULARLY TIGHT

- [ ] Use the park, library or neighbourhood
- [ ] Move snack time somewhere unusual
- [ ] Turn an errand into time together
- [ ] Choose attention over an extra purchase

OUR EASY FAVOURITE: _____

Connection is not another standard to meet. Choose what your family will actually repeat.

Sometimes the thing that changes the day is simply: “Come with me.”