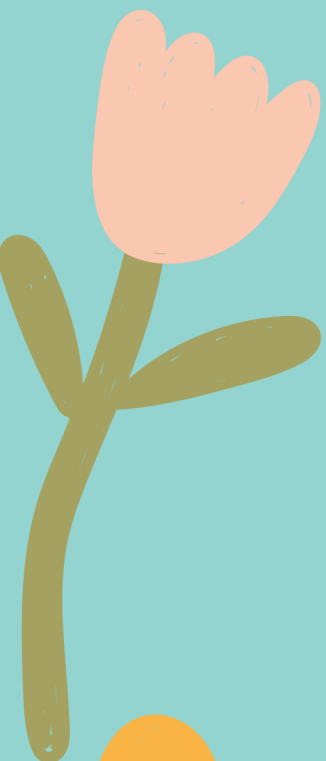
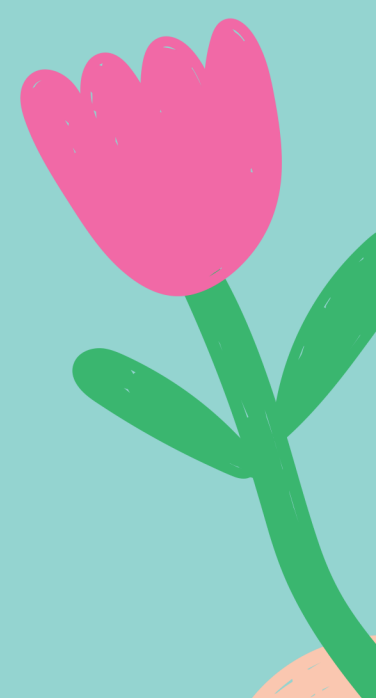




# Family Bonding for All Ages!



A Caregiver's Guide to Building  
Strong Relationships



**Meraki Tanager**

Institute of Learning

BY TANAGER



Inspire. Empower. Heal.



## Infants (0-1)

- Cuddling, holding, rocking, and cradling
- Eye contact
- Peek-a-boo!
- Sing songs
- Talk to your baby
- Smile
- Make silly faces

bee-lieve  
in yourself



## Toddler (1-3)

- Play pretend
- Play with dolls or stuffed animals
- Have a race to pick up toys!
- Make crayon drawings together
- Use building blocks
- Play matching games, like sorting shapes and simple puzzles
- Sing songs or nursery rhymes
- Play following directions games such as follow the leader or Simon Says
- Let your child lead the way with unstructured activity time
- Get the wiggles out at a playground or park
- Cuddle, snuggle, or have a tickle fight!



## Younger Children

- Continue playing imagination games, such as dress-up, playing on playgrounds, and having unstructured activity time
- Build a fort out of couch cushions
- Play tag, hide-and-seek, or sardines!
- Get started with basketball, baseball, running, dance, or other movement activities.
- Have conversations. What are their interests, likes, and dislikes? Support existing talents, while also encouraging them to try new things.
- Continue showing affection with cuddles, hugs, and words of affirmation.
- Get artsy! Paint, work with clay, do beading, or make a collage

## Older Children

- Help with homework
- Watch a movie or read a book, then talk about the “moral of the story”. What is your child learning from the media and digital content they consume? Have conversations about right and wrong, and resolving conflicts.
- Encourage developing your child’s sense of responsibility by involving them in household tasks like cooking, cleaning, and other chores. Express your appreciation for their efforts.
- Support achievable goals and taking on new challenges
- Make time to be silly. Children may still enjoy some activities they used to when they were younger. They’re not grown up yet!



## Pre-Teens & Teens (12-18)

- Talk with them. Ask about their day! What are your teen's thoughts and opinions?
- Spend quality time. Teens are more independent, but they still need support. Let your teen know you will be there for them when they reach out.
- Notice when your pre-teen or teen shows signs of maturity, such as completing chores, finishing homework, or coming home on time. Support with phrases like "I'm proud of you" or "You worked hard for this".
- Listen nonjudgmentally. Everyone has bad days.
- Consider negotiating. If your teen has been able to handle taking on more responsibilities safely, they may be able to handle having more independence. Work together to explore ways your teen can practice being independent in small, reasonable doses that feel safe for you and your family.
- Maintain kind, but consistent expectations.
- Show genuine interest. Adolescence is a time of developing new interests, hobbies, and skills. Support your teen when they express interest in healthy habits. Be curious about why a certain topic interests them... you may be surprised how much they have to show you!