

Connecting with Our Kids

3-Part Class Series

Class 2: Staying Connected

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM



Engaging and Earning Points

- **Chat Box**

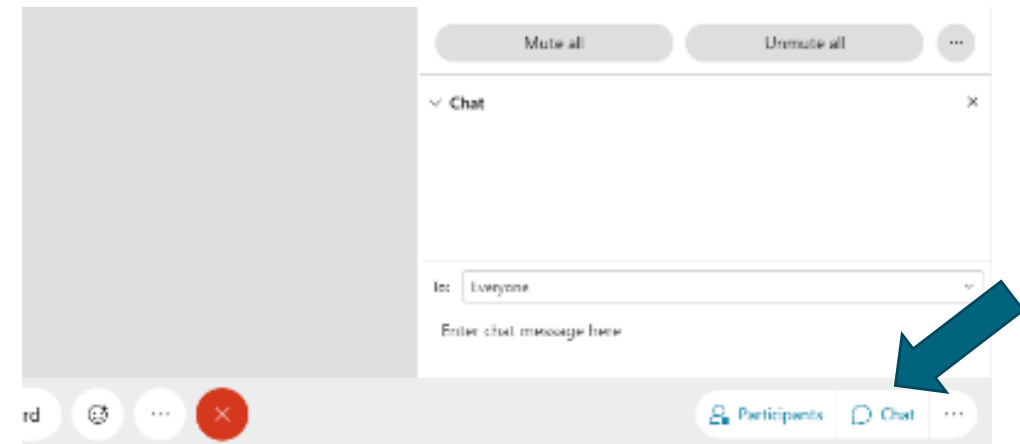
- Type questions, thoughts, examples, in the chat box. The more interaction the better.

- **Points**

- You can only receive credit for one Wellness Class per day.
- Confirm your employee ID is entered correctly when registering for Employee Wellness activities.
- Please allow up to 4 weeks for 50 points to be reflected in MyCigna.

- **Calling in**

- If you called in, make sure your phone number is connected to your registration ID in the participant list.
- If not, Webex will not count you as attended. Please rejoin the Webex.



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Connecting With Our Kids – Class Series Outline

- Class 1: Getting Connected
- Class 2: **Staying Connected**
- Class 3: Impacts of Social Media and Technology on our Connections

Staying Connected

Class 2 Learning Objectives

- Staying Connected with Your Child
- Nurturing Intimacy

Staying Connected



1. Place a Premium on Relationships in Your Family



2. Acknowledge Relationship and Separation



3. When you physically reconnect, consciously refocus your attention



4. Until You've re-established connection, keep distractions to a minimum



5. Connect on their level



3. 5:1 Ratio



What actions/activities you use to stay connected to your kids?

Nurturing Intimacy

Building a Closer Bond

It turns out that the building blocks of connection are the small overtures we make to each other every day, and the way our loved ones respond.

-John Gottman

A Bid For Attention



Whenever possible, respond to your child's bids to you

- How you respond is crucial in building closeness
- Make it a practice to turn off your screens when you're with your child
- If you can't be responsive at the moment, at least acknowledge them



Train yourself to respond with empathy, no matter what the comment is



If you don't get the response you want step back and watch how you initiate



Make time in your daily routine for intimate interactions



- Look for opportunities that are already in your schedule
- Be sure to initiate good morning hugs and goodbye hugs
- When you're with your child, turn off your device to allow for the natural interactions of the moment to deepen between you
- Every interaction is a chance to shift onto a positive track and deepen your connections

Where can you most improve your connection with your kid(s)?

- a. Make time for daily interactions
- b. Train yourself to respond with empathy
- c. Respond to your child's bids
- d. All of the above

Summary

- All parents need to repeatedly reconnect with their children, just to repair the daily erosion created by life's normal separations and distractions.
- Each less than optimal interaction that leave anyone feeling bad require five positive interactions to restore a positive valence to the relationship.
- Train yourself to respond with empathy, no matter what the comment from your child may be.
- Make time in your daily routine for intimate interactions.

Class 3: Impacts of Social Media and Technology on our Connections

Resources

- **The Connected Parent**
by: Karyn Purvis & Lisa Qualls
- **Hold On To Your Kids**
by: Gordon Neufeld & Gabor Mate
- **Aha Parenting.com**

Stress Management and Counseling

- Employee Assistance Program
 - Online: www.feieap.com
 - Username: hhs
- Cigna Behavioral Health
 - Visit myCigna.com or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at 800.274.7603.
 - Go to Cignabehavioral.com for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy 713-873-6407 or Latecia.Murphy@harrishealth.org
- Well Powered Living Class Series
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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#6 in America



#1 in Texas

