

10 Days of Connection

THINGS TO LEARN ABOUT YOUR CHILD

(Workshop + Worksheets)



CREATE

10 Days of Connection

People have become extremely divided across their areas of difference. Incidents of hate have increased and tolerance for differing ideas have decreased. For 10 days every year (May 1st-10th) Miami invites the community to do the opposite: burst their own bubbles, engage in acts of connection and celebrate differences.

Today you are participating in **CREATE's "connection experience,"** we hope you take something valuable from this that helps you grow a deeper bond with your child while also helping them experience *their best possible life*.

Things to learn about your child

- Their **learning style**.
- Their **love language**.
- Their **attachment style**.

These 3 ways we engage with ourselves and others are very important to know, since they help us navigate the world around us with greater ease. That's because **we learn to act in ways that best fit our personal styles and preferences**.



Why it matters:

Their love language: Feeling seen means our own preferences are valued. It helps create strength in our sense of self. When you know a child's love language you help them understand the silent inner programming that they are using to navigate relationships with others. We're discussing the 5 different ways people communicate their love language, examples and how to actually use it on a daily basis.

Their attachment style: The way a person usually think and acts in relation to others is created before they are 8. It's primarily based on how they were cared for by their parents. It then impacts the cycles of unconscious behavior a person exhibits and seeks in relationships. We're discussing the 4 attachment styles and their

Learning style: Every brain is different and grows differently (visual, auditory, reading and writing, and kinesthetic.) When you know a child's learning style you can help them understand better, even faster. We're discussing the different learning styles, all of the things impacted by this and more!



Learning Styles:

Visual

Visual learners learn by sight. These learners benefit from:

- Images and diagrams
- Graphics and visuals
- Charts
- Maps
- Mind-maps
- Flash cards

Auditory

Auditory learners learn by hearing. These learners benefit from:

- Listening
- Speaking
- Group discussions
- Verbal repetition
- Sound recordings
- Mnemonic devices

Read/Write

Read/write learners learn by reading and writing. These learners benefit from:

- Reading
- Writing
- Making detailed notes
- Re-writing notes to revise
- Viewing information in word form

Kinaesthetic

Kinaesthetic learners learn by touch. These learners benefit from:

- Movement
- Tactile representations
- Models and materials
- Physical interactions
- Hands-on approaches
- Experience and practice

How to start:

- What kind of books would you like to read for fun? Does it have lots of pictures, words or puzzles?
- When you are not sure how to spell a word, what are you most likely to do? Do they sound it out, write it out or use their finger to trace in the air?
- How do they approach learning about how something works? Do they want you to show them first, look up a video or read instructions or do they jump in to figure it out on their own?
- When trying to find their way around a new place, what do they do? Do they look for directions (like a map/directory?), ask for directions or do they wander around until they find what they are looking for?



How your child is effected:

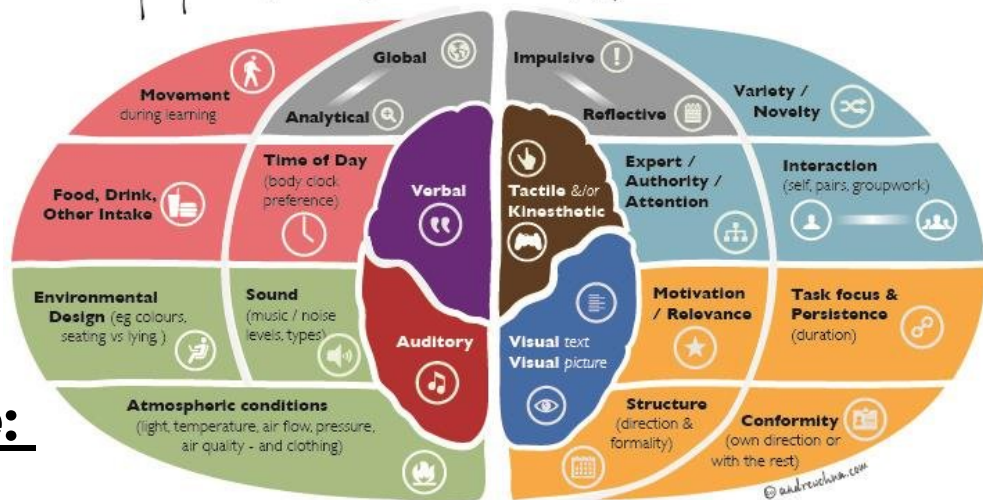
A child that knows their learning style will understand what format helps them absorb information better. Since they are working with their brain, instead of against it, they experience less frustration and more success.

A child that never understands their learning style becomes an adult that feels left behind in the world. They didn't develop an interest in learning because it always seemed difficult to them. The repetition of bad feelings during learning moments makes them avoid growth.

Follow Up Resource:

<https://www.learningstylequiz.com/>

Learning Styles Preferences (based on Dunn & Dunn, 1993)



Their Love Language:

In 1992, Dr. Gary Chapman wrote; **The 5 Love Languages**, which describes love languages as understanding and communicating what it takes for a person to feel loved. The five different love languages are: **words of affirmation, quality time, receiving gifts, physical touch and acts of service.**

Acts of Service

Actions speak louder than words.

Receiving Gifts

Heartfelt gifts shows you remember.

Physical Touch

Appropriate physical touch is a reminder of support.

Quality Time

Undivided attention means you care.

Words of Affirmation

Kind words verbalize understanding.

How to start:

What does your child do when they are upset? When a child is sad or upset they tend to release the emotion in a particular way. Repetitions in the natural way they react when emotional shows you what they naturally gravitate towards. Does it help them calm down when you:

- use gentle words of kindness like reminding them how amazing they are?
- pick them off the floor and calmly rock them until they settled down?
- automatically replace a child's shorts with a favorite, when they are sick and accidentally ruined it?

Looking at what brought comfort to your child in the past can often lead you to their love language now.

How your child is effected:

This is especially helpful to know when your child is having **a hard time with something.**

If you know what their love language is then you'll have specific solutions in your back pocket that you know help them feel loved and calm quicker. In other words, knowing your child's love language **helps you connect with them**, in their particular language, making parenting *a little easier*.

What happens next? "When children feel loved not only does it bolster their self-esteem, but it also gives them a solid foundation and sense of security, so they can more fully explore the world around them," explains clinical psychologist Dr. Bethany Cook. They are **more likely to retry or try different solutions** knowing they are *fully supported* through these tough moments.

A Great Follow Up Resource:

Dr. Gary Chapman has an amazing website with a wealth of resources on love languages. Start with short informative videos and finish with a free quick to figure out your child's love language: <https://5lovelanguages.com/quizzes/love-language>



Their Attachment Style:

The behavior our parents or caregiver contributes through modeling forms the way a child understands close relationships with others. Since a child is **dependent on their parents**, they seek comfort, safety, and support from them. **When a child's physical and emotional needs are satisfied they become *securely attached***. This comes from providing a warm and caring environment and being actively involved in the child's needs, even when these needs are not clearly expressed.

Misattunement occurs in cases where an unsupportive environments were experienced. **The thought and emotional patterns created by these experiences lead to insecure attachment in children.**

1. **Anxious (or Preoccupied)** - Low self-esteem, strong fear of rejection or abandonment, and clinginess
2. **Avoidant (or Dismissive)** - appear confident and self-sufficient but do not tolerate emotional or physical intimacy and might not be able to build healthy relationships.
3. **Disorganized (or Fearful-Avoidant)** - often seen in people who have been physically, verbally, or sexually abused. They may be extremely inconsistent in their behavior and have a hard time trusting others. They are also more susceptible to mental health issues.
4. **Secure** - See below for 5 factors to secure attachment.

How to start:

When a child is born, they automatically begin learning whether their parent will satisfy their needs. Babies use physical cues (crying) to alert parents something's wrong and trusts that they will be taken care of, children continue those behaviors while they are dependent developmentally. Parents who raise children with a secure attachment style simply **do not break that trust**. To do that focus on these 5 main areas!

1. **The child feels safe**
2. **Does the child feel seen and known**
3. **The child feels comfort, soothing and reassurance**
4. **The child feels valued**
5. **The child feels supported to explore**



How your child is effected:

Research suggests that around **66% of the US population is securely attached**, these people are self-contented, social, warm, and easy to connect to. They are also aware of and able to express their feelings. With secure attachment as a foundation they tend to build deep, meaningful, and long-lasting relationships.

Misattuned parenting, childhood trauma, or abuse has a strong negative impact on the individual's mental health, social behavior, and ability to build stable and long-lasting intimate relationships in adulthood. Children with Anxious, Avoidant or Disorganized attachment styles have difficulties getting along with others, experiencing fulfillment in connection to others, and have difficulty expressing/acting on their inner desires or emotions.

A Great Follow Up Resource:

Check out <https://www.attachmentproject.com/> for a free quiz and more about each attachment style.

Mom's Guide to Love Languages

Physical Touch	Encouraging Words	Quality Time	Gifts	Acts of Service
<p><u>Hints your child gives:</u> Loves to receive hugs and kisses, enjoys being carried and is probably a “cuddler”.</p>	<p><u>Hints your child gives:</u> They love to hear specific praise about a project or they seek you out to show you a new skill they learned.</p>	<p><u>Hints your child gives:</u> Loves to do things with you: watch a movie, yard work, go out to eat, run errands, play a game.</p>	<p><u>Hints your child gives:</u> Feels good when someone gives them something. Enjoys a special present or surprise.</p>	<p><u>Hints your child gives:</u> Likes it when people do nice things for them: helping with chores, school projects, driving places, making meals and snacks.</p>
<p><u>Enjoys:</u> Physical activity: racing, wrestling, tag, and climbs in your lap for snuggles.</p>	<p><u>Enjoys:</u> Favorite words include: Terrific! What a hard worker! You solved that problem well. Keep it up!</p>	<p><u>Enjoys:</u> They try to get your undivided attention by asking you to sit with them or watch them play.</p>	<p><u>Enjoys:</u> Birthday presents, surprise treats, earning a treat, having their favorite food made for them.</p>	<p><u>Enjoys:</u> Loves to hear, “I’ll help you” or “Let’s do it together”.</p>
<p><u>Mom Tips:</u> Hold hands and hug often, family cuddles, tickle, or wrestling fun! Let them sit on your lap, snuggle for reading time, play active games often.</p>	<p><u>Mom Tips:</u> Write or send a note, compliment, speak positively about them, always say “I love you”, praise them aloud around others, come up with a cheer with their name in it!</p>	<p><u>Mom Tips:</u> Run errands 1:1 and plan dates 1:1. When talking to them make eye contact, talk about their day, pay attention to details, plan special events/ trips, eat together as a family, read together, have a solid bedtime routine.</p>	<p><u>Mom Tips:</u> Keep a small stash of inexpensive gifts, give them a flower or stone you find outside, leave gifts for them when you’re out of town, shop with them for a special gift, send them on a gift treasure hunt.</p>	<p><u>Mom Tips:</u> Practice sports together, work together on a project, check homework, pick them up on time, surprise them by doing a chore for them, teach them how to serve others.</p>
<p><u>Bottom Line:</u> Show physical affection to emphasize your love.</p>	<p><u>Bottom Line:</u> Be genuine and specific in your praise.</p>	<p><u>Bottom Line:</u> Give your child focused attention throughout the day.</p>	<p><u>Bottom Line:</u> Be thoughtful, small gifts matter.</p>	<p><u>Bottom Line:</u> Let them know you’ll partner with them.</p>



The #1 job of parents is to meet their child’s need for love. A child with a full cup of love **equals a healthy, emotionally stable child and a tightly bonded parent-child relationship.**



Creating Healthy Attachments

The signs of attachment disorder **will differ** in infants, school-age children and teenagers. However, there are *common signs* of an attachment disorder which can signal the need to begin creating healthier attachments with caregivers.

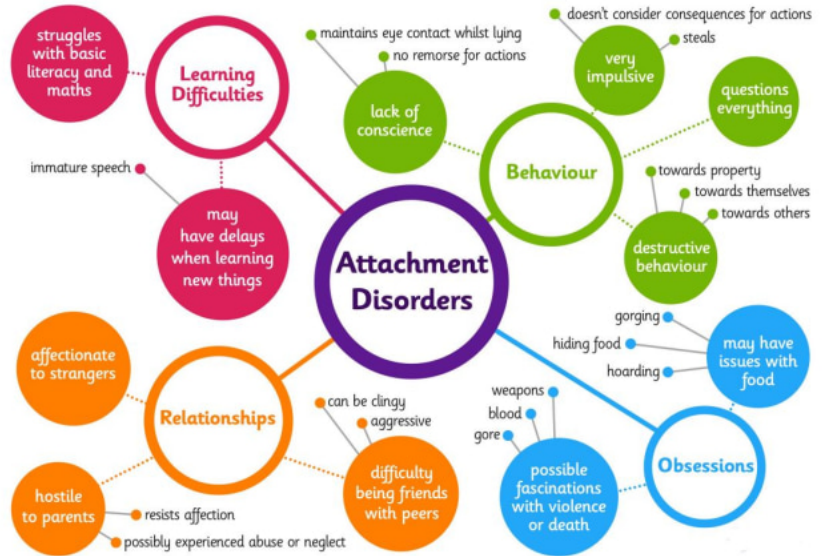
Use the work sheet to assess your child's behavior and create a solution that also accounts for how you, the parent, is exhibiting their own attachment behavior.

Check all that apply:

- Lack of eye contact
- Lacks trust in adults
- Seeming emotionally detached
- Angry or aggressive
- Has difficulty forming relationships with adults and peers
- Lack of remorse
- Manipulative
- Low self-esteem

More examples of attachment disorder caused behaviors.

Mark the ones you are seeing with a small star (*).



Steps to Correcting Attachment Disorders

1. Learn **your own** attachment style. What are both parent's attachment styles?

2. What **beliefs about relationships** do you think make up your attachment style?

3. What would **acting the opposite of** your avoidant or anxious attachment style look like?
(Write out *specific examples* that relate to what behaviors are showing up for you.)

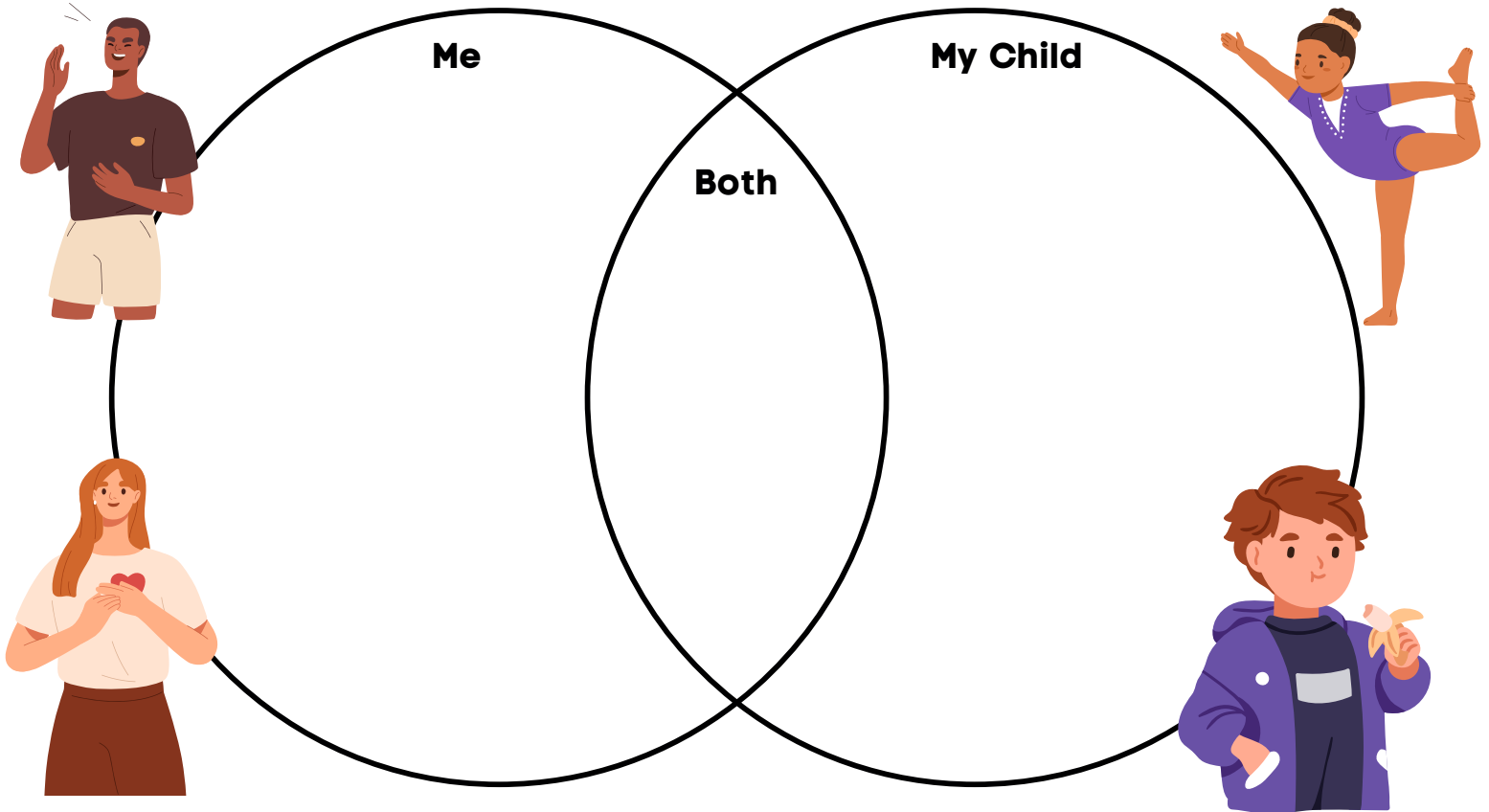
4. What connections between your attachment style and your child's behavior **did you just become aware of**?

5. How can you **communicate better** during these experiences? How can you **listen better** during these experiences. (List specific examples to your, and your child's, exhibited behaviors).

6. What does **healthy behavior** in your experiences look like? What does a **healthy parent - child relationship** look like in your experience? (You find success **faster** when you *model it!*)

Getting to know your family

Write down the key words about your learning style, attachment style and love language, based on what you learned today.



What did you notice?

My child and I are similar in love languages because we both: _____

My child and I have different love languages because we both: _____

My child and I have similar attachment styles because we both: _____

My child and I have different attachment styles because we both: _____



QUESTIONS TO ASK YOUR CHILD

No matter the age these are important to keep track of

What do you want me to know about
when **you feel frustrated?**

Is there anything I need to do to
make you feel more supported?

What helps you feel better
when **you had a bad day?**

What's something you want
us **to work on or improve?**

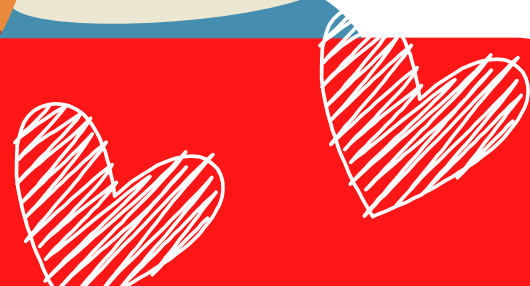
What do you have the most fun
doing together?

What makes you **feel loved?**



FOLLOW US!

We have a IG community of 50k+ parents discussing better techniques and skills. We look forward to you joining us there!



10 Ways to Build Connection

1. Learn new life skills, explore new foods and cultures with a monthly themed dinner. **Bonus:** Instead of cooking it, visit a local restaurant for an authentic version.



2. Build a themed bird house or squirrel sanctuary to jump start a "can do" attitude. This activity brings you outdoors, sparks creativity and develops their care for animals!

3. Have a fashion show "By the Ages" to learn more about what people looked like during different times in history. Copy the outfits you find as best as possible or take up sewing as a new hobby if your child is up for the challenge.



4. Do a fun science experiment to learn more about the world around us! Have fun with foods like trying to get an egg in a bottle, or learning the phases of the moon, using Oreos. Check out our site for 31 experiments using household items.

5. Use Youtube to have a virtual day at a theme park or dance party. Discover over 30 virtual roller coasters, interactive dance games and more listed for FREE on Youtube. Check out our site for links!



These activities are a part of CREATE'S 10 Days of Connection Celebration.

Check out the lecture at: createkidsedu.org/10daysofconnection/



10 Ways to Build Connection

Design an indoor treasure hunt with puzzles and hints to problem solve through OR setup an indoor obstacle course using painters tape on the floors and household materials for challenges.



Camp at home! Whether its indoors or outdoors, under the night sky, camping creates lifetime memories! Include marshmello roasting, an indoor picnic and family games to round out a full day of activities.

Redecorate their bedroom or a room in the house together, letting your child include their input. Worried about their suggestions? Don't be! Problem solve with them through bad suggestions and learn more about their perspective through the good ones.



CREATE art together! Whether its a mosaic table you enjoy Sunday brunch on (like the lifetime memory my mom provided), sculpture or a large painting you both contribute to, these pieces of household decor never go out of style.

Make a time capsule that includes their favorite music, activities, food, toy and more! Have them write a letter to themselves about what they wish to see and be in the world when older. These sweet tokens give context to our memories decades later.



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Helping your child learn about themselves deeply means they live an **entire life working with their brain and body instead of against it.**

It is the most thoughtful and impactful gift a parent can give to their future.

Thank you for doing your part to *create healthier children and future*. We have more resources and workshops just like this.
Join our community!

