

Family Connection Challenge

Strong family connections don't come from perfect moments—they're built in small, everyday interactions.

At Pathstone Mental Health, we know that when children and youth feel connected at home, they're more likely to feel safe, supported, and able to cope with life's challenges. But between busy schedules, devices, and daily stress, connection can sometimes take a back seat.

This Family Connection Guide is here to help.

You'll find simple, realistic ways to build connection into your daily routine—no pressure, no big time commitment, just small moments that can make a meaningful difference.

Because connection doesn't require perfection... just presence.

How to Use This Guide

There's no one-size-fits-all approach to connection. This guide is designed to be flexible, so you can choose what works best for your family.

Start Small

Pick one idea to try today. Connection grows over time—it doesn't have to happen all at once.

Keep It Simple

Most of these activities take 5–15 minutes. Even short moments of connection can have a big impact.



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Make It Your Own

Adapt activities based on:

- Your child's age
- Your schedule
- Your family's interests
- There's no "right way" to do this.

Focus on Presence, Not Perfection

You don't need the perfect words or plan.

Being present, listening, and showing interest matters most.

Come Back to It

Try a few ideas throughout the week—or revisit your favourites anytime.

1. One-on-One Moments

Spend 10 minutes with your child—no distractions, no agenda.

Try this:

- Sit and talk
- Play a quick game
- Just hang out

2. Side-by-Side Time

Connection doesn't always come from eye contact—it often happens when doing something together.

Ideas:

- Walk the dog
- Drive together
- Cook a meal



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3. Ask Better Questions

Move beyond "How was your day?"

Try asking these questions:

- "What was the best part of your day?"
- "What was something hard today?"
- "What made you laugh?"

4. Create a No-Phone Zone

Set aside a short window of time where everyone disconnects from devices.

Start with:

- Dinner time
- 15 minutes before bed

5. Do Something Fun Together

Shared experiences build strong bonds.

Some ideas to consider:

- Game night
- Baking
- Watching a show together

