

Quick Ways to Nurture the Relationship



Ideas that take 5–10 seconds

- High-five for effort
- A wink of understanding
- Say you're sorry
- Flash a peace sign
- Smile and nod
- Fist bump
- Give a sincere compliment
- Squeeze shoulder
- Create a desired reward on Trusty
- Express gratitude

Ideas that take 10-15 minutes

- Share a new favorite song
- Take a quick walk around the block
- Fix a rare treat together
- Listen rather than correct or lecture
- Watch a funny video clip together
- Leave a thoughtful note for them to find
- Visit with their friends when they come over
- Have a dance-off
- Provide a small act of service
- Use "Ask Trusty" for ideas that are bonding

Ideas that take 30 minutes

- Play a board/card/video game
- Go out of your way to surprise them
- Do a craft or DIY project
- Take a bike ride
- Watch an episode of a TV show
- Take over one of their chores as a thank you
- Practice a sport
- Find them and join in on what they're doing
- Browse a bookstore
- Set a week long family goal to track in Trusty

Ideas that take 60 minutes

- Go for a hike one on one
- Visit a museum or exhibition
- Watch an outdoor or drive-in movie
- Sign up for a workshop or class
- Explore a new neighborhood driving or walking
- Volunteer for a good cause together
- Plan a family outing using Trusty
- Surprise them by checking them out of school early
- Build a model or puzzle
- Do something that is their idea