

Connection Before Performance

You don't need to create
the perfect moment.
You don't need to impress anyone.
You don't need every activity to work.

The aim isn't to look like
a good parent.
The aim is to keep practising
being one.

Performance asks:



How does this look?



Am I doing enough?



Did the activity work?



What will others think?

Connection asks:



Am I present?



Am I noticing them?



Can I follow their lead?



What do they need
from me?

Your child needs your presence
more than your performance.

