



# WEEKLY CONNECTION TRACKER

Explore more resources, tools & 1:1 support: [www.connectatsoulnest.in](http://www.connectatsoulnest.in)

In busy days filled with meals, school bags, work, and tantrums — the small moments of connection often matter the most. This gentle tracker isn't about perfection. It's about presence. Use it to reflect, reconnect, and grow closer — one week at a time.

## ♥ What Is It?

A simple 7-day grid to help you build intentional habits around emotional bonding, communication, and calm — the real foundations of parenting.

## How to Use This Tracker

- Pick 1–3 activities you want to commit to for the week
- Track daily with a ✓ or a smiley
- Keep it on the fridge, mirror, or near your child's bed
- Talk about it gently — this isn't homework 🌿

# Sample Activities You Can Track

<b>Connection Activity</b>	<b>Description</b>
 <b>1:1 Talking Time</b>	5–10 mins of undistracted conversation
 <b>Bedtime Story &amp; Affirmation</b>	Read + repeat 1 calming affirmation together
 <b>Rhythm or Song Play</b>	Sing, clap, or move together
 <b>Gentle Touch</b>	Hugs, hand on heart, massage, or holding hands
 <b>Creative Expression</b>	Drawing, pretend play, or storytelling
 <b>Deep Breath Together</b>	1–3 slow breaths as a shared calming ritual
 <b>Mirror Moments</b>	Look in the mirror and say something kind

## Why It Works

- Encourages mindful parenting habits
- Helps build a secure emotional routine
- Turns everyday actions into intentional connection
- Fosters trust, calm, and co-regulation

## Final Note from Soulnest

Your child doesn't need a perfect parent. Just one who shows up with love, even in small ways, every day.

Use this tracker to remind yourself:

***Connection is a habit. And habits create belonging***

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