

Chanukah is a time for joy and togetherness—an opportunity to strengthen our connection with our children and brighten our homes with warmth and light.

1. Invite your child into conversation rather than talk at them.

5. A strong relationship provides safety, which allows for teachable moments.

There is power in pausing to cultivate calm.

2.

6. Emotional presence can be more powerful than physical presence alone.

3. Guiding with intention fosters growth and builds connection.

7. Listen to understand, not to judge.

4. An askable parent means one that is an approachable, non-reactive parent they can confide in.

8. Healthy communication can be modeled through your own actions.