



A Month of Connected Parenting

PREVIEW OF "A YEAR OF CONNECTED PARENTING"
- 52 WEEK CONNECTION GUIDE

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Welcome to the Guide

"A Year of Connected Parenting" was designed to help you and your family intentionally connect with each other every day.

This guide is a one month peak at the full guide that will be available soon!

Each week, you'll be asked tough questions and provided step-by-step guidance on how to make each a moment with your child a moment of connection.

These tips will also support connection and healing within yourself from any trauma in your own childhood.

At the end of each week, you'll find reflection prompts to conclude the week.



Note from the Author

Thank you for coming on this journey with me! This is a life's dream of mine to help parents heal themselves so that their children don't take on the same messages about themselves that we may have.

As a child abuse survivor myself, I know the lifelong struggles that come with being a child of parents who didn't understand that what they did and how they made me feel really changed the way I related to the world and how I truly felt about myself. Over the course of my life, I have spent countless years in therapy and healing myself so that I could make sure my own children have a different experience than I did.

Additionally, what ended up happening for me is this: the more I connected to my child and did things differently for them, the more I healed.

I utilized my professional practice and decades of schooling and training to really hone in on what we can do as parents who didn't have these experiences in our own childhood.

I invite you on this journey with me. It's one of true self-exploration and one of great growth and connection.

Thank you for trusting me during this time with you.

Maurissa

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Week 1

OVERVIEW

This month's theme is all about being intentional with how we're relating to our children.

Being intentional can be a challenge at first, but does get easier over time! Remember that it takes 30 days to create a habit.

Start this week and month off by being conscious of how we're talking and interacting with our children. Work toward making it a habit.

REFLECTION PROMPTS

WRITE DOWN THE MOMENTS YOU WERE INTENTIONAL!

DESCRIBE HOW YOU FELT AND HOW YOUR CHILD REACTED.

Week 7

OVERVIEW

What intentions from last week went well? What parts didn't go as expected?

Being intentional is also about being reflective on what takes place with you and your children. I often apologize for something many days after it occurred because of being reflective.

It is never too late to repair and show connection in a time of disconnection.

REFLECTION PROMPT

WHAT INTENTIONS WENT WELL? WHAT DIDNT GO AS EXPECTED?

Week 3

OVERVIEW

This week, let's reflect on our intentional connections with others..

What changes have occurred in your home? Is the atmosphere calm? Are there more moments of happiness? Do you feel like you're not yelling as much?

These are just a few things that could be changed in your home.

REFLECTION PROMPT

HAVE YOU NOTICED CHANGES IN YOUR HOME AS A RESULT OF BEING MORE INTENTIONAL?

Week 4

OVERVIEW

Being intentional doesn't mean every day will go perfectly. It's more of a goal that you will set, looking for ways each day to be more intentional with how you connect with those in your home.

If those moments don't go well, it's about remembering that we can always go back to repair and reconnect with our family about those instances.

Reconnecting could be a family movie night or game night. Or it could be as simple as a hug, acknowledging that things didn't go well and a promise to get better over time.

REFLECTION PROMPT

WHEN YOU TRY TO RECONNECT, HOW DO YOU FEEL?

Closing the Month

Thank you so much for spending this time with me! I hope these tips and moments to reflect helped grow your ability to connect with yourself and others.

I'd love for you to share your thoughts and experiences from this past month. You can email me or click the link below to fill out a quick feedback survey!

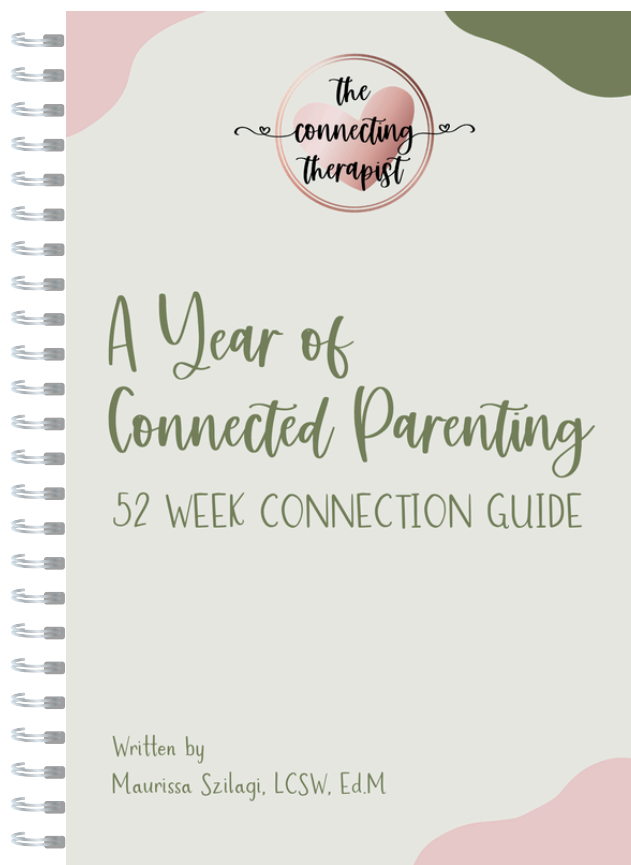
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