



Connection matters

Strong connections help children feel safe, supported, and able to cope with challenges.

Everyday moments like talking, playing, reading, and listening help build your child's sense of belonging.



Screens can help us stay in touch, but interacting **in person matters most** for young children.

Ways to connect:



Put devices away during meals and conversations.



Make eye contact and get on your child's level.



Spend time together each day.



Listen and respond with kindness.



Want to learn more?
Keeping families connected in a wired world

bit.ly/3TzrNfD



Southeast
Public Health