

20 WAYS TO



COLLECT & CULTIVATE CONNECTION



To collect someone means we are trying to harness the natural attachment instinct that moves us close to each other. When we collect we try to engage the eyes, ears, attention in a way that is pleasing for the person we are with. Collecting helps build strong relationships and sets the stage for taking care of someone including eating together, learning, fostering resilience, and emotional health.

Collecting and cultivating connection helps to deepen relationship by conveying to someone they are significant to us and that we care for them. If you have a hard time collecting a child or teen then you can consider what is getting in the way? "What or who" has collected their eyes, ears, attention, or caring instincts? Do we have a competing attachment to peers or screens? If the answer is yes then trying to collect them six times a day is a good place to start moving them back into relationship with you.



Greet with warmth & delight



Share a memory or photo



Focus on what they are doing



Sing or play music they like



Offer them their favourite foods



Leave them a love note



Read a book together



Play with the family pet together



Tell a joke



Start a dance party



Play their favourite game



Sit and cuddle



Focus on sameness between you



Cook together



Wrestle or play sports



Invite them to join an experience with you



Drive and connect in the car



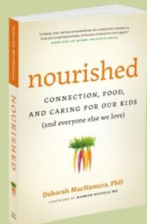
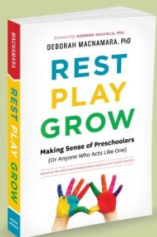
Listen with full attention



Offer kind words and warmth



Surprise them with something special



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when collecting is key

- First thing in the morning
- Before eating
- After a nap
- After school
- Before any transition
- To start the bedtime routine
- After emotional upset
- Before screen time