



PARENT CUE

A PARENT'S GUIDE TO THE TIMES

Your kids will grow up a lot faster than you ever dreamed. That's why we help you stay focused on what you can do today to connect with your child. We know you can't cram anything more to do in your already busy day so we help you use the time you already have. We've designed Parent Cue Times of Day, specifically for each phase of your child. Look for these in the Parent Cue App (available through the App Store or Google Play) and the Parent Cue pieces with your child's curriculum, paired with simple things to say, ask and do to connect with the heart of your child. Below you'll find an explanation of each cue by phase (Cuddle time just doesn't work for your middle-schooler, unless you love lots of eye rolls.)

PARENT CUE TIMES OF DAY



Encouraging words to start your child's day on a positive note



Special reminders and words to help you connect with your babies' heart



Just-right words to say or sing as you hug your baby or toddler close



Wind down together and bring comfort as you begin or close the day with these special activities



Great conversation starters to intentionally spend the time you spend in the car together



Strengthen your relationship through heart conversations at the end of the day



Great questions and ideas to establish values with intentional conversations while you eat together



Strengthen your relationship by adjusting your plans to show up whenever they need you

Babies (0-1)	Toddlers (1-2)	Preschool (3s-5s)	Elementary (K-3)	PreTeen (4 th , 5 th)	Middle School (6 th , 7 th , 8 th)	High School (9 th , 10 th , 11 th , 12 th)
Morning Time	Morning Time	Morning Time	Morning Time	Morning Time	Morning Time	Morning Time
Feeding Time	Drive Time	Drive Time	Drive Time	Drive Time	Drive Time	Meal Time (even if it's only once a week)
Cuddle Time	Cuddle Time	Cuddle Time	Meal Time	Meal Time	Meal Time	Their Time
Bath Time	Bath Time	Bath Time	Bed Time	Bed Time	Bed Time	Bed Time (stay consistently available—just in case.)

Remind yourself each week: *"This is a phase and I don't want to miss it!"*