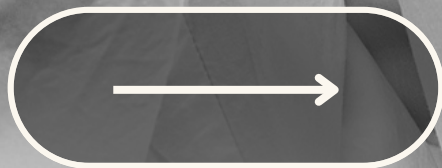


# 10 Tips

for creating  
micro-  
moments of  
connection



@parents\_that\_work

Use these prompts to build in opportunities for micro-moments of connection with your partner.

Take 10 minutes to share stories, laugh and dream together. Notice how you feel after.

How could you build this into a daily habit of gratitude?

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**I always  
laugh when I  
remember  
the time  
we...**

**I feel so  
loved  
when  
you...**



I  
appreciate  
you so  
much when  
you...

**I can't wait  
to take *our*  
*child* to...  
when  
they're  
older**

I  
laughed  
so hard  
when.....

**I love how  
you do.....  
with *our*  
*child***



**I hope  
*our child*  
has  
your....**



**This  
song  
always  
reminds  
me of  
you...**



**I'm  
happiest  
when....**

**I want you  
to teach  
*our child*  
how to....**





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