

Connection Bucket

- Opportunities to have your full attention
- Opportunities to feel seen, heard and loved
- Opportunities for physical closeness

0-5 years	5-10 years	10 years+
Lying on the floor with them, exploring the toys	Playing their favourite computer/PBS game	Sit in the car for 5min once at home and just talk/connect/ slow down
Playing peekaboo or hide and seek	Serious face contest, first one to smile is out!	Giving them a special role or responsibility in the family
Playing with toes, 'Little piggy'	Musical statues	Drawing portraits of each other
Singing lullabies	Brushing, styling, playing with hair	Going for a walk, bushwalk or bike ride, just you two
Reading a book with all the animation and voices	Making up a unique handshake together	Listening intently to the accounts of a school day
Special time! 15min of your FULL attention in play	Special time! 15min of your FULL attention in play	Special time! 15min of your FULL attention in play

Power Bucket

- Opportunity to do things independently
- Opportunities to make choices
- Opportunities to have a say

0-5 years	5-9 years	10years +
Choice of clothing	Packing own backpack	Giving them a special role or responsibility in the family
Choice of food	Making own breakfast	Cooking dish independently for the family (cookies, pancakes etc)
Opening container or packet independently	Choice of how to get to school	Choice of bedroom design/furniture layout
Climbing on playground equipment independently	Choice of weekend activities	Involved in discussions to determine family holiday destinations and activities
Choice of story book	Writing own cards to family members for X-mas, birthdays.	Walking to shops, library, school independently
Putting own plate and cup back on the sink	Daily family responsibility, such as setting the table	Holding own Myki card, tapping on and off
Helping with cooking	Collecting the mail from the letterbox independently	Buy or make a present for someone special

