

Greet your child with a smile. Disconnect your phone and re-connect with your child.

Start each day by saying good morning to each other, ask each other how they slept. What are you looking forward to today? Finish each day with good night.

Spend some one-on-one time with your child, use your help network to support this. Ask your child how they would like to spend this time, without spending any money.

Give your child affection.

Have a cuddle, snuggle up.

Make time to talk about anything and everything but don't talk about adult issues in front of your child. Share stories about when you were little.

Keep your conversations positive, full of reaffirming language and bin the negative.