

# TOLERABLE CONNECTION

## A Caregiver's Brainstorming Guide

**Tolerable Connection A Caregiver's Brainstorm Guide**  
When connecting with your child feels difficult, it's okay to start small. Developing or healing a relationship needs to be done in ways that are tolerable and comfortable for both parent and child. You can start from a distance and gradually move closer as trust and tolerance grow. Use this guide to brainstorm simple, achievable ways to connect with your child in three progressive steps.



### Step 1: Connect From a Distance

When face-to-face interaction feels overwhelming and leaves room for misinterpretation, start with something that shows care from a distance. This minimizes the chance of rejection and doesn't demand an in-person response from the child or teen.

#### Examples:

- Leave a kind note with their favorite snack in their room.
- Send a funny text message or GIF during the day.
- Compliment them to someone else when they're within earshot.

#### Your Ideas:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

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### Step 2: Connect With Something You Love

Engage in an activity you genuinely enjoy and invite your child to join. If they decline or show disinterest, you still get the benefit of doing something uplifting for yourself.

#### Examples:

- Invite them to a movie that you both might like.
- Ask them to help bake your favorite dessert.
- Attend a concert or art event together.

#### Your Ideas:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

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### Step 3: Connect Doing Something They Love

Once connection starts to feel more natural, or if they repeatedly decline your invitations for something you enjoy, try offering something they can't resist – for a short period of time. The short time frame will help make it more tolerable for you!

#### Examples:

- Play their favorite video game for 20 minutes.
- Participate in a TikTok dance or creative project they like.
- Join them in a hobby, like building Legos or crafting.

#### Your Ideas:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_