The 9 minutes of the day that can make all the difference:
• The first 3 minutes after children wake up and see you
• The first 3 minutes after coming home for the day
• The last 3 minutes of the day before they go to bed

Children need at least 9 minutes of face-to-face talk time each day.

Children need meaningful touches every day to feel connected.

relationships.usu.edu
Protective factors are strengths within families and communities that serve to protect children and promote their healthy development and well-being, especially during times of stress. Building these strengths at every opportunity is a proven way to strengthen families and prevent child abuse and neglect.