

We would like to share three wonderfully simple parenting ideas published in *The Power of Moms* online community ([www.powerofmoms.com](http://www.powerofmoms.com)). These are ideas that every bucketfilling parent should know and practice.

Let's begin with three questions:

1. What are the most important nine minutes during the day that can have the greatest impact on a child?
2. What is the minimum number of touches a child needs during a day to feel connected to a parent?
3. What one daily event is especially important for children?

Answers:

1. The first three minutes at three important times: When they wake up, when they come home from school, and before they go to sleep.
2. Eight touches a day is the minimum a child needs to feel connected to a parent, 12 if they are going through a challenging time. This could include straightening a collar, patting the shoulder, or a simple hug.
3. One meaningful, eye-to-eye conversation between a parent and child every day.