

# Quick Wins Cheat Sheet

## 10 Actions You Can Take Today

Small, intentional moments create lasting connection. These evidence-based strategies take less than 5 minutes but can transform your relationship with your daughter.

1

### The 20-Second Hug

Give your daughter a 20-second hug today. Oxytocin (the bonding hormone) doesn't release until 20 seconds.

2

### Ask ONE Good Question

Instead of "How was school?", try "What made you laugh today?" or "Who did you sit with at lunch?"

3

### Protect 10 Minutes

Block 10 minutes of phone-free, agenda-free time with her before bed. No fixing, just being.

4

### Name the Feeling

When she's upset, name the emotion: "You seem frustrated." This activates her prefrontal cortex and calms the amygdala.

5

### Pause Before Reacting

When she pushes your buttons, take 3 deep breaths before responding. Your nervous system will thank you.

6

## Celebrate Effort, Not Outcome

Instead of "Great job!", try "I noticed how hard you worked on that." Build growth mindset.

7

## Share Your 'Oops' Moment

Tell her about a mistake you made today and what you learned. Normalize imperfection.

8

## Create a 'Yes' Day Ritual

Once a month, let her plan the day (within reason). Autonomy builds confidence.

9

## Write Her a Note

Leave a sticky note on her mirror: "I'm proud of you" or "You make me smile." She'll keep it forever.

10

## Do Nothing Together

Sit side by side. No talking required. Just presence. Connection doesn't always need words.

## REMEMBER

You don't have to do all 10 today. Pick ONE that feels doable and start there. Consistency beats intensity every time. Small moments, repeated daily, become the foundation of a strong relationship.