



ALFA KIDS

7 Days to Get to Know Your Child Better

A family connection experience.

Just a few minutes a day.

Your child talks to you every day. Not always with words.

You probably know their favorite food, the show they love,
and the thing they always ask for at the store.

But some parts of your child's heart only show up when
someone slows down enough to notice.

For the next seven days, that someone will be you.

7 days. Just a few minutes each day.

Read.

Try the day's small moment.

Write down one thing you noticed.

Don't look for perfect answers.

Don't force a conversation.

Don't turn every moment into advice.

The goal isn't to fill these pages.
It's to know your child better.

MY JOURNEY



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

Observe before you correct

Today, spend a few minutes simply watching your child without stepping in to correct anything.

Notice what captures their attention, what brings out a real smile, and the moments they come looking for you.

Don't look for what's wrong.
Look for who they are.

A MOMENT TO KEEP

One thing I noticed about my child:

Before teaching your child about the world, take a few minutes to discover theirs.

Ask a different question

Instead of asking “How was your day?”, try a question that invites a real answer:

What was the best part of your day?

Did anything happen today that left you feeling sad or worried?

Did anyone make you feel special today?

Choose just one. Ask it, then give them time to answer.

If your child is still learning to talk, keep the questions simple and pay attention to gestures and reactions too.

A MOMENT TO KEEP

One answer I want to remember:

Sometimes, a different conversation begins with a different question.

Step into their world

Today, let your child choose what you do together.

A game. A show. A toy. A story.

Then join in.

No phone.

No showing them the “right” way.

No taking over.

You choose today. What should we do together?

A MOMENT TO KEEP

One thing I learned about their world:

Being present isn't just being nearby. It's making someone feel that, in that moment, they matter.

Notice how your child reaches for your love

Your child may ask for connection in all kinds of ways.

Maybe they want a hug. Maybe they ask you to play. Maybe they want to show you the same drawing one more time.

Today, notice how they usually reach for your attention and affection.

Because sometimes “Look at this!” can mean “Look at me.”

A MOMENT TO KEEP

I noticed my child often looks for my attention when:

Behind a small request can be a big need for connection.

Discover what they wish you understood

Today, choose a calm moment and ask one simple question:

Is there something you wish I understood better about you?

Then resist the urge to correct, explain, or defend yourself.

If they don't say much, you can gently ask:

"And how do you feel when that happens?"

"What do you wish I did differently?"

Today's goal isn't to fix anything.

It's to show your child:

**You can tell me hard things,
and I'm still here.**

A MOMENT TO KEEP

Something they wish I understood better:

Let your child get to know you

Today it's your turn to share.

Tell them one small, true story from your childhood: a fear, a happy moment, a prank, something embarrassing, or something you've never forgotten.

You don't have to turn it into a lesson. Just tell the story.

Can I tell you something that happened to me when I was about your age?

Has anything like that ever happened to you?

A MOMENT TO KEEP

Something we discovered we have in common:

When your child knows a little of your story, they may feel safer sharing theirs.

The heart of our family

Today, look at your child and tell them one true thing you love or admire about who they are.

Talk about who they are - not grades, performance, or achievements.

Listen.

To close, say a simple prayer together and thank God for each other.

♦ *Is there something you'd like us to do together more often?* ♦

A MOMENT TO KEEP

One thing I want to do more often with my child:

Your child doesn't need perfect moments. They need to know there is a place where they can be known, heard, and loved.

What I learned about my child

Something I hadn't noticed before:

Something that seems to make them feel loved:

One moment from this week I never want to forget:

A small promise

You don't need to change your family's whole routine.

Choose just one small thing you want to keep doing.

MY PROMISE

After these seven days, I want to keep...

Strong connections are often built through small choices, repeated day after day.



A note for you

Thank you for choosing to slow down and know your child's heart a little better.

Maybe no one saw these moments. Maybe there wasn't a photo. Maybe it was just a few minutes on the couch, at the table, or on the living room floor.

But in those minutes, your child received something precious:
your attention.

May God bless your relationship and keep shaping your home into a place of conversation, love, and faith.

*With love,
Alfa Kids*



This journey ends here. Your connection doesn't.

For seven days, you created small moments of presence and conversation.

Alfa Kids was created to help families keep doing this through Bible stories, meaningful conversations, and moments with God.

365 stories.

365 opportunities to talk.

365 small moments together.

Discover the Alfa Kids 365 Devotionals.

ALFA KIDS



A few minutes a day.
Stories that bring you closer.
Conversations that stay with you.
Faith that grows together.