

RAISING BEARS WITH MRS. MILLER

Episode 2: Connection Comes First

EPISODE SUMMARY:

In this episode of Raising Bears with Mrs. Miller, we talk about why connection is the foundation for learning and behavior—especially during the wobbly first weeks of school. Mrs. Miller shares practical ways to strengthen the parent-child bond, helping kids feel safe, seen, and ready to thrive academically and socially.

KEY TAKEAWAYS FOR PARENTS:

- Connection comes before academics—kids need to feel safe and understood first.
- Small shifts can make a big difference: car chats, five-minute “special time,” “pillow-talk time” (a.k.a. PT time), and validating feelings before correcting behavior.
- Showing up consistently matters more than being perfect.

GENTLE REMINDER:

Math facts, reading groups, and even sock negotiations can wait. What your child needs most is your presence, empathy, and connection. Your time and attention are the real magic for their emotional and social growth.

PARENT REFLECTION QUESTIONS:

1. When did I last have a “special time” moment with my child this week? How did it go?
2. What opportunities have I noticed for connection during everyday routines?
3. How can I practice validating my child’s feelings before offering guidance or correction?
4. Are there moments where my child seems closed off? Could a car chat or short walk open the door to conversation?
5. What small, consistent gestures can I add to show my child they are seen and valued?



STAY CONNECTED WITH MRS. MILLER, SCHOOL COUNSELOR

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