



The 9-Minute Theory: Transforming Parenting

The **9-Minute Theory**, created by Jaak Panksepp, PhD., suggests that parents should focus on three key moments of interaction with their kids during the day:

- The first 3 minutes after they wake up.
- The 3 minutes after they come home from school or daycare.
- The last 3 minutes of the day before they go to sleep.

Although it's known as the 9-minute theory the amount of time you spend is less important than committing to pockets of uninterrupted connection with your child. These moments help create an environment in which children feel safe, loved and valued.

Whether you are interacting with your child during those three times of day or at another time, the most important thing is to be present. Focus on what your child is saying or participate in the activity they would like to do.

No matter what their age, spending quality time with children is not only important to them but will benefit you as well. Meaningful connections have lasting importance on children as they grow into adulthood.

For more ideas about staying connected as a family, please reach out: Aurora EAP at 1-800-236-3231 or www.aurora.org/eap.

Resources:

These are the 9 minutes in your child's day when they need you the most (yahoo.com)
Have you Heard of the 9-minute theory? Holly Brenza AAH HealthEnews