



FAMILY CONNECTION CHALLENGE

**STRENGTHEN YOUR FAMILY BONDS IN
JUST ONE WEEK**

KATHRYN LINDSAY

Welcome!

Hi there, I'm Kathryn Lindsay - the face behind this little corner of the internet that I hope becomes part of your daily routine.



ABOUT ME

Like many of you, I'm navigating life's beautiful chaos one shaken brown sugar espresso at a time. After years of feeling like I needed a place where my family and I could have authentic conversations that flourish, I created a gathering place for kindred spirits who value genuine connection.

What drives me most is creating moments of belonging. Whether through sharing stories that resonate, spotlighting questions we're all secretly wondering about, or simply offering a warm space to exhale at the end of a long day - my hope is that visiting here feels like texting your most supportive friend.

Ready to transform your family relationships in just seven days? Join the Family Connection Challenge at Kathy's Treehouse! Proven activities that work!

In His Grip

KATHRYN





DAY
01

HAVE A DEVICE-FREE DINNER

Put away all screens and enjoy a meal together. Ask each family member to share the best part of their day. The simple act of undistracted conversation can rekindle connections that get lost in our busy digital lives. Be serious and intentional. Include family members and remind them it is just for one week.

Tips:

- Create a phone basket where everyone (parents included!) deposits their devices before sitting down.
- After your meal be sure to bring out your devices and take photos to remember the experience.
- Journal the experience and encourage other family members to do the same.



DAY
02

FAMILY STORY HOUR

Find 30 minutes sharing family stories. Parents can talk about their childhood, grandparents, or family traditions. Children love hearing about when their parents were young, and these stories create a sense of family history and belonging. Often families find time to share stories in the car on the way home from somewhere. This is a great time to share.

Tips:

- Bring out old photo albums to spark conversations and memories.



DAY
03

ONE-ON-ONE TIME

Each parent commits to spending 15 uninterrupted minutes with each child, doing whatever activity the child chooses. This individual attention makes children feel valued and creates space for more meaningful conversation. These 15 minutes can be life changing for family. Children will never forget this act of service.

Tips:

- Set a timer and give your child your complete, undivided attention during this time.
- Give this time a pet name that you and your child will remember. Reschedule if needed but never forget to have it.



DAY
04

FAMILY GAME NIGHT

Break out the board games or card games for an evening of fun competition. Games teach important social skills like taking turns, handling disappointment, and celebrating others' success.

Tips:

- Choose age-appropriate games that everyone can enjoy and rotate who gets to pick the game each time.
- Change games often and take pride in the experience.



DAY
05

APPRECIATION CIRCLE

Gather in a circle and take turns expressing something you appreciate about each family member. This simple exercise builds emotional intelligence and creates a culture of gratitude in your home.

Tips:

- For younger children, you might prompt with "I appreciate when you..."
- Have siblings do the same. "I love it when we....."



DAY
06

FAMILY PROJECT DAY

Before your family start their day work together on a small project: cook a special meal maybe breakfast, plant a garden, rearrange a room, or create art. Collaborating toward a common goal strengthens teamwork and creates lasting memories.

Tips:

- Choose a project that has roles for all ages and abilities.
- Get full agreement from all members that cannot be broken before the day comes.



DAY
07

AN OUTDOOR ADVENTURE

Spend time in nature together, whether it's hiking a trail, visiting a park, or simply having a picnic in the backyard. Nature reduces stress and creates the perfect environment for natural, flowing conversation.

Tips:

- Leave the phones behind or use them only for photos to stay present with each other.

These seven simple practices can be the beginning of lasting family connection habits. The Family Connection Challenge isn't about perfection—it's about progress and prioritizing what matters most.