AMERICAN COLLEGE OF
Lifestyle Medicine

CONNECTEDNESS

Why Connection Matters for Your Family's Health



What is Connection?

Connection means feeling close to others—family, friends, and community. It's more than just being around people. It's about trust, support, and shared experiences.

WHY IS CONNECTION IMPORTANT?

Healthy Bodies: Strong relationships lower stress and help your heart and immune system.

Healthy Minds: Feeling connected reduces anxiety and depression.

Healthy Families: Babies and children learn best when they feel safe and loved. Connection helps their brain grow and supports emotional health.



Tips to Build Connection

EAT TOGETHER

Family meals—even a few times a week—help kids feel secure and improve nutrition.

TALK AND LISTEN

Put away screens during meals and playtime. Make eye contact and listen to each other.

BOND WITH YOUR BABY

Skin-to-skin contact, cuddling, and talking to your baby build trust and comfort.

JOIN A GROUP

Parent groups or playdates help you and your child make friends.

SHARED MEDICAL VISITS

Ask your doctor about group appointments for new parents. These visits offer education and support from other families.

ASK FOR HELP

If you feel lonely or stressed, talk to your healthcare team. They can connect you to local resources.



REMEMBER

Connection is as important as nutrition and sleep. Building strong relationships early helps your child—and your family—stay healthy for life.