

# 5 Quick Wins to Reconnect with Your Family

Real-life tools for dads who want more than presence—they want impact.

You've built a life for them. Now build a life **with** them..

By [Syndicate Council](#)



# Welcome to Your Family Reconnection Journey



## Five 5-Minute Habits

Small actions that build bridges fast between you and your family.



## Realistic Approaches

Designed for busy schedules. No radical life changes required.



## Immediate Impact

Feel the difference in your relationships starting this week.





# The 5:45 a.m. Walk

## Set Your Alarm

Rise before the household chaos begins. This quiet time is golden.

## Invite Your Partner

A 15-minute stroll without phones creates space for real conversation.

## Make It Sacred

Business leaders who do this report stronger marriages and clearer minds.



# The 'First Five' Rule



## Phone Away

The moment you enter, your device disappears.



## Eye Contact

Look directly at each family member when you greet them.



## Lead With Curiosity

Ask specific questions about their day before sharing yours.





# The "Weekly 1:1" With Each Child

## One Child, One Hour

Schedule it like your most important meeting. It is.

## Their Choice of Activity

Let them decide where to go and what to do together.

## No Distractions

Your undivided attention shows what truly matters to you.

## Deep Questions

Ask about their dreams and fears, not just grades or activities.



# Dinner Detox

## Screen-Free Zone

Twice weekly, create a device basket far from the dinner table.

This simple act dramatically changes conversation quality.

## Better Questions

Skip "How was your day?" Try these instead:

- What made you laugh today?
- Who did you help?
- What surprised you?

# Legacy Letters

## Write Briefly

Even a text or post-it note works.  
Length doesn't matter.

## Unexpected Delivery

Hide notes in lunchboxes, under pillows, or in coat pockets.



## Affirm Specifically

Mention a character trait you admire,  
not just achievements.

## Weekly Rhythm

Make it regular. Children collect and  
treasure these messages.



# Your Next Step Starts Today

1

## Quick Win

Choose just one technique to start this week.

7

## Days

Commit to seven days of consistent practice.

100%

## Presence

Give your full attention during these moments.

At The Syndicate Council, you'll learn how to lead at home like you do in business.

Join us at [our Annual Business Summit](#).

