



LITTLE DATES, BIG HEARTS

E BOOK GUIDE FOR BONDING BEYOND TIME



Authored By

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INDIA'S 1ST EARLY
CHILDHOOD
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ABOUT THE AUTHOR

Risha Sheikh is an Early Childhood Bonding Neuro Coach, certified in NLP, Inner Child Healing and Montessori education. With a deep passion for helping working mothers build strong emotional connections with their children, she blends science-backed techniques with real-life parenting wisdom. As a mother herself & homeschooling-working parent, Risha brings both heart and expertise to her work—guiding parents to raise emotionally secure, confident, and happy children & parents in today's fast-paced world.

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WHY EVERY CHILD DESERVES A "DATE NIGHT"

As working mothers, we juggle a thousand things. But nothing matters more than the bond we build with our little one.

A parent-child date night isn't about grand outings—it's about intentional one-on-one time that helps your child feel deeply loved and safe.

And no, it doesn't have to be at night! You can plan these during the day—on weekends, after school, or even a relaxed morning. It's not the time of day, it's the quality of time.

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3 POWERFUL REASONS TO TRY IT:

- Helps your child feel emotionally
secure and connected
- Encourages better behavior and
cooperation
- Builds lifelong memories and
trust



HOW TO SET IT UP (WITHOUT OVERWHELM)

You don't need extra hours or fancy setups. Here's a method that works:

Quick Setup Formula:

- Choose one specific day or evening per week
- Let your child pick between 2-3 activities (give them options)
- Use a 30-40 min timer - this is just for the two of you
- Put away all screens (even yours-this is super mandatory, if you can't do this, forget about date night)
- End it with a hug (for smaller kids) & or a little "thank you for the date" note (for kids who can read)

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PRO TIP:

Create a “Date Night Box” ,Include:

- Crayons - Use them to draw each other's faces, make a treasure map, or color a storybook together.
- 2 Snacks - Share fruit slices or popcorn while chatting, playing café, or during a pretend picnic.
- Flashcards - Play “guess the word,” make silly sentences, or let your child teach you the cards.
- A Toy - Use it as a guest at your tea party, a patient in doctor play, or a friend in story time.
- Stickers - Reward acts of kindness, decorate a card for Dad, or create sticker art side by side.
- A Scarf - Turn it into a superhero cape, a picnic mat, a curtain for a puppet show, or a blindfold for guessing games.

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WHAT IF YOU'RE TOO TIRED?

Parenting doesn't have to be perfect my dear moms.

So choose your presence over perfection.

Even if you're drained after a busy day, you can still bond:

- ✓ Sit and cuddle
- ✓ Let them brush your hair while you lie down
- ✓ Talk about their favorite cartoon for 10 minutes
- ✓ Fold clothes together while singing
- ✓ Go for a walk and ask: "What was the funniest thing today?"

Remember: Connection is not about doing. It's about being. & being is extremely important. Even if you spent years doing things for them, you can't be there for some minutes, you will fail ultimately. So make wise decisions.

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MY DATE NIGHT IDEAS

ALL ACTIVITIES REQUIRE LITTLE OR NO PREP,
MINIMAL MATERIALS, AND JUST 20-40 MINUTES.

I. Mini Chef Night

- Ingredients for sandwiches, fruit salad, or dosas
- 30 minutes
- Builds: confidence, motor skills, teamwork
- Let them slice (with a butter knife), mix, and serve you “dinner.”



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2. Toy Spa

- Water, towel, mild soap, toys needing a “bath”
- 20-30 minutes
- Builds: responsibility, empathy
- They’ll love washing and “caring” for their toys.



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Flashlight Hide-and-Seek

- One torch/flashlight
- 20 minutes (perfect after dinner)
- Builds: memory, joy, imagination
- Turn off lights, and go searching for each other!

We play with our hands as well to create shadows at night time.

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4. Balcony Picnic

- Sheet, snacks, bottle of water
- 30 minutes (anytime of day, I do this more during evenings and rainy days)
- Builds: peaceful bonding and storytelling
- Watch clouds or stars while you snack and chat.



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5. Dance Battle

- Phone with music, silly dance moves
- 20-25 minutes
- Builds: joy, body awareness
- Let your child “judge” your moves!

We even create some funny steps to laugh out loud.



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6. Craft Date with a Surprise Theme

- Chart paper, tape, crayons
- 30 minutes
- Builds: creativity, emotional expression
- Pick a theme together: "Underwater world," "My family," or "Dream dress."

Usually my girl choose ideas as her imaginations are more beautiful than mine. Also when you give that option to them, it improves their willingness and decision making power.

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7. Book Date

- 2 storybooks, blanket, milk/fresh juice/water
- 30 minutes (ideal before nap or bedtime)
- Builds: language, closeness
- Snuggle and read together. Then swap roles—they “read” to you using pictures.

FINAL NOTE

Remember, you can choose to create it for a minimum of one in a week, but not restricted to that. The more you do it, the better will be your relationship..

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FROM MY HEART TO YOURS

As a mom and Early Childhood Coach, I know how much guilt and pressure we carry. But these small, consistent moments? They create magic. Your child doesn't want a perfect mom. They want you.

Even 30 minutes a week of real presence can change their world.

Wish you all the best in creating your own versions of date night.

When you want to make a great shift in your parental life without stress, get in touch with me by clicking the link below

[CLICK HERE FOR A ONE ON ONE MINI SESSION FOR FREE](#)

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