



DAILY QUALITY TIME WITH YOUR CHILD

DO



Set 10-30 mins per day individually with each child. Turn on a timer so your child knows when you're done.



Let your child lead the play; all day long they're told what to do. Add in extra eye contact and show interest!



Your child should choose the activity (no devices - for both of you!).



Repeat to them what you see and how they feel ("The Play Doh makes you smile!" / "You're laughing at the cow!")



Be fully present with your child so they feel your attention.

Daily focused time with your child helps build attachment, regulation and self-esteem.

DON'T



This time is given no matter what - not as a reward, nor taken away. This will decrease out-of-control behaviours over time!



Don't give advice, judge or try to change the play. Your child is the leader.



Focus only on your child; no multi-tasking!



Don't worry if your child loses it when the timer goes off the first time. Offer: "It's so frustrating when we stop playing."



Try not to question your child or their choices, just follow. Reserve judgement.

Daily focused time builds connection, attunement and trust. Especially with multiple children, it helps with sibling rivalry and fosters connection.

Focused attention can take time to lead up to because it can be challenging to constantly offer description, praise, imitation and active listening; the CDC recommends starting with 5 mins. Describe what your child is doing and imitate their behaviour.

Toys / Art / Creative Activities should be age appropriate and you should ensure you have enough to both use. Drawing, Lego, Colouring, Dolls, Word Games, Reading, Nerf Sword Fighting, Crafts, Building are all great places to start.

