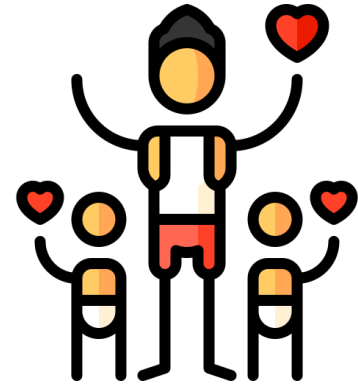


Connected Families: Using Special Time Together

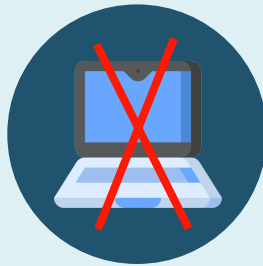
Special Time is a way to play with your child at home to help build a strong relationship with your child. You'll find when you use Special Time consistently your child will also be more willing to cooperate with the things you ask of them!



Getting Ready for Special Time



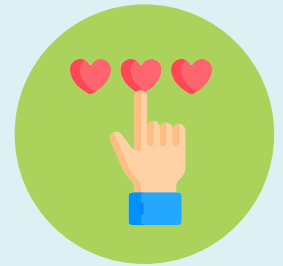
10 minutes of one-on-one play time



Relax and put technology aside



Explain special time to your child



Let your child pick an activity to do together

Playing During Special Time



Watch and imitate your child's play



Follow your child's lead and be silly



Make positive statements: *I like when we spend time together!*



Narrate your child's play like a sportscaster

Connected Families: Using Special Time Together

Create Special Time Activities

- **Sensory:** creating with play dough, kneading kinetic sand
- **Art:** drawing, painting, collage
- **Building:** legos, blocks, cardboard boxes
- **Make-believe:** dolls, animal figures, stuffed animals, dress-up clothing
- **Outdoor:** sand toys, water table, bubbles, ball

* Try to avoid televisions, cards, board games, and technology. They either limit interaction or encourage competition!

Sportcasting Examples

“You can build such a high tower!”

“You drew that circle all by yourself!”

“What a colorful picture you painted!”

“You dressed up like a chef.”

Connecting Together

Special Time can be easy to understand, but hard to do! In the beginning, grownups ask too many questions of children, give commands, or don't make enough positive statements. It may feel awkward at first because it is not how you usually play with your child. But you will get better at it over time!

