

# SPECIAL TIME CHECKLIST



Use this Special Time Checklist to make the most of your special time together.



## NAME IT

Encourage your child to name Special Time so it really is special and they can ask for it.



## FOLLOW THEIR LEAD

Your child is in charge, and they get to do whatever they want within the limits of safety, time and finances.



## LET GO OF YOUR AGENDA

The activity is less important than your undivided attention. Don't check your messages, don't let your mind wander. Just be with your child. Give them your undivided attention.



## ONE CHILD AT A TIME

Special Time works best one on one.



## SET A TIMER

You determine how much time to offer. A timer keeps it clear that you will pay attention the whole time. And you don't have to watch the clock. It's the timer that ends Special Time – not you.



## OFFER 1/3 OF THE TIME YOU HAVE FREE

Big feelings may erupt when the timer goes off. So smart of you to leave a buffer of time to listen to your child's feelings.



## LET SPECIAL TIME END

When the timer goes off, thank your child. Tell them you look forward to doing Special Time again and when it will happen again. If disappointment comes up, you've left a buffer of time to Listen to Feelings.