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Special Time with Your Child: A Guide for Parents

What is Special Time?

Special Time is a dedicated period where you give your undivided attention to your child. It's a chance to strengthen your bond, understand their world, and make them feel valued and loved.

Why is Special Time Important?

- **Builds Connection:** Enhances your relationship and trust with your child.
- **Boosts Self-Esteem:** Makes your child feel special and important.
- **Improves Behavior:** Reduces negative behaviors by fulfilling their need for attention.
- **Enhances Communication:** Opens up lines of communication and understanding.
- **Reduces Stress:** Provides a calming and enjoyable break for both you and your child.

How to Do Special Time: A Step-by-Step Guide

- Select a regular time each day (like after dinner, or after clean-up) that works for your family. It can be as little as 5-15 minutes.
- Give the time a special name that your child can understand, like "special time."
- Never take away special time as punishment. The point is that your child can always count on this special one-on-one time no matter what happened that day.
- Let your child choose the activity within limits (we don't recommend screen time for special time)
- Eliminate distractions (turn off phones, TV, etc.). Special time is for undivided attention.
- Follow your child's lead without directing or correcting (use PRIDE skills)
- End at the agreed time to keep it predictable and manageable.



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Special Time cont.

Activity Ideas for Special Time

- Creative Play: Drawing, painting, building with blocks.
- Physical Activities: Playing catch, dancing, bike riding.
- Games: Board games, card games, hide and seek.
- Story Time: Reading books, making up stories together.
- Outdoor Fun: Going to the park, gardening, nature walks.

Tips for Success

- Consistency is Key: Make it a regular and predictable part of your routine.
- Be Flexible: Sometimes plans change, and that's okay. Just make sure to reschedule.
- Quality Over Quantity: Even short periods of focused attention can have a big impact.
- Positive Reinforcement: Acknowledge and praise your child for their efforts and creativity.

Special Time is a powerful way to connect with your child and enhance their development. It can help families through stressful periods, help children cope with changes, and help parents and children feel more connected. By making it a regular part of your routine, you're investing in your child's emotional well-being and fostering a loving, supportive relationship.

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