

NON CHEATSHEET FOR PARENTS THAT RESIST SPECIAL TIME



HATE ANNOUNCING

Take a breath and do it! If you don't like the name Special Time, call it something else - A dad at Hand in Hand Parenting calls it, "Be the Boss Time," because kids take charge. Others call it, "your time," "One-on-one time," "You and Me Time." See what you feel most comfortable with.



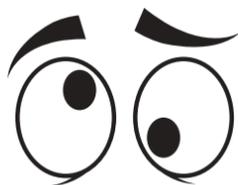
KEEP PUTTING IT OFF

Do what Abigail does and lock yourself in by letting kids know your plan for Special Time ahead of time. This is one time you can be happy about giving into their whining to do something!



FIGHTING THE TIMER

Think of the timer as your child's friend. It captures for them rare moments in a day that you "gift" to your child. Try varying the time to see if you both find a comfort zone. We time Special Time because it can be really difficult to hold all your attention on a child for an extended period of time, and so Hand in Hand's Guidelines are anywhere from 5 minutes to one hour. Special Time doesn't have to be the only time you play with your child, it's the extra special "Christmas Cookie" play.



FEAR LOSING CONTROL

Start small. You can give two minutes of Special Time. Then five. You can also set up rules around safety, spend, and the distance you'll go. Give yourself permission to let go, enjoy yourself and bump up the fun. Who knew? Special Time is actually a parental emotional practice!



WORRIED ABOUT UPSETS

Schedule a shorter Special Time that allows for crying or tantrums at the end. Try increasing the amount of Special Times in a day but keep them short, or up the frequency in a week to up your child's trust in the tool.

If you find that Special Time triggers resistance, try tracing the re-stimulation like Abigail and Elle did in the podcast. How you were raised often impacts how you react as a parent, and thinking, talking about and being listened too can help you free up space. If in doubt, remind yourself it's only a moment, and that this moment will never exist again, so if you feel the urge to hold Special Time, grab it!