

HOW TO Make the Most of Special Time with Your Child

Parents are busy, stressed, and under a lot of pressure to do way too many things at once. This can make it really hard to spend the kind of relaxed, warm, attentive time with your child that all children need to develop well. Use this Special Time Checklist to make the most of your time with your child. You will build connection and give your child confidence to learn and grow and enjoy healthy lifelong relationships.

NAME IT.

SET A DATE.

USE A TIMER.

**REMEMBER THAT DURING SPECIAL TIME
THE CHILD IS IN CHARGE.**

LET GO OF YOUR AGENDA.

ONE CHILD AT A TIME.

RESPECT THE TIMER AND LET SPECIAL TIME END.



hand in hand