



# 30 DAYS OF SPECIAL TIME

<b>DAY 1</b> Intentions: Set your intentions in your workbook	<b>2</b> When will Special Time be?	<b>3</b> Reflect: How did you play?	<b>4</b> Got big feelings about the timer? Explore why...	<b>5</b> Read What To Say During Staylistening
<b>6</b> Fill in Drop the Direction in your workbook	<b>7</b> Congrats! You reached 7 days! Let's reflect	<b>8</b> Are you being tested?	<b>9</b> How does your child play?	<b>10</b> Special Time slipping? It's OK. Schedule one today!
<b>11</b> Can you set limits on Special Time play?	<b>12</b> How do you like to play?	<b>13</b> Screen Time as Special Time? Yes for the 1st 12 times...	<b>14</b> Hurrah! Two weeks in. Fill in a reflect page.	<b>15</b> "Play is a child's work..."
<b>16</b> Look for the Laughter.What makes your child laugh?	<b>17</b> Read: Explore Things That Are Off Limits	<b>18</b> "We Don't Have Time!" Strategies for long activities	<b>19</b> Quick Reconnect: Hold a no blinking contest.	<b>20</b> What changes are you seeing in Special Time?
<b>21</b> You're the best! That's 21 days...	<b>22</b> Need to re-set? Take a breath... Re-commit	<b>23</b> Read: 25 Ways to Being a More Playful Parent	<b>24</b> "Play is the highest form of research..."	<b>25</b> Answer: How Do You Feel About That Crying?
<b>26</b> What's going well today? Name one thing...	<b>27</b> Delight in your child: Find one thing that you love...	<b>28</b> Set a 2-minute "extra" Special Time	<b>29</b> Join Parent Club...Get regular support	<b>30</b> You made it Go Treat Yourself!

