

Sharing time together



Choose any time that is convenient for you. Some parents like to have 'Special Time' at the same time every day

Before you start, explain that you are having special time together and ask your child to choose the activity. Use a clock, watch, or timer to keep 'Special Time' to 10 minutes



Special time is for you and your child! They need your full attention so please put your phone away and turn off the TV



'Special Time' is a time for you and your child to play together and may be on top of the times you already have

Copy and follow what your child is doing. Let them lead the play. This lets children use their imagination

You can play games together e.g. build a tower, play with cars, dolls or bubbles. Children like it when you let them choose the activity!



At the end of the 10 minutes thank your child for helping you do 'Special Time'

