

Make Special Time

When children spend much more time at home, it may be difficult for them to understand that you are not available to play throughout the day. It can help to schedule “special time” each day. Create a plan with your child, highlighting the times you’ll spend together.



TIME

TOGETHER TIME ACTIVITY

 <h3>MORNING</h3>	<h3>COLOURING</h3> 
 <h3>AFTERNOON</h3>	<h3>PLAYING CATCH</h3> 
 <h3>EVENING</h3>	<h3>FAMILY DINNER</h3> 
 <h3>BEDTIME</h3>	<h3>STORY</h3> 

Tips to try

- ★ Remind your child that saying “no” does not mean “I don’t love you”
- ★ Ensure all caregivers participate in “special time” together or separately
- ★ Keep this schedule in a shared place