

SCHEDULED SPECIAL TIME FOR CONNECTION TIEMPO ESPECIAL PROGRAMADO PARA CONECTARSE POSITIVE DISCIPLINE

One of the most important things we can do for our children is to spend regular, scheduled special time with them. We can spend long days together, yet our attention may be divided and our children's frustration builds as they realize we are not fully present. Most children will let us know in their own "creative" ways if they feel that we are not giving them the attention that they need. Some will withdraw while others will act out.

Spending scheduled quality time with our children is extremely important for their development and happiness but carving the time isn't always easy. Below are some tips and ideas:

Plan: Brainstorm with your child a list of things that you would like to do together during your special time. Take turns choosing an activity (activities do not need to cost any money or be fancy). / Piense con su hijo en una lista de cosas que les gustaría hacer juntos durante su tiempo especial. Túrnense para elegir una actividad (las actividades no tienen por qué costar dinero ni ser sofisticadas).

Ideas: Cook (cocine) with your child once a week, have a movie date at home (mire una película en casa) on Friday nights - don't forget the popcorn!, read to your child every night (lea a su niño cada noche), visit a different park once a month (visite un parque diferente cada mes) - explore the playground, hike and do a picnic, have a board game night once a week (organice una noche de juegos de mesa). The possibilities are endless, be creative!

Recommended Special Time Guideline:

2 to 6 years old: 10 min/day - 2 a 6 años: 10 min/día

7 to 12 years old: 30 min/week - 7 a 12 años: 30 min/semana

13 and older: once a month - 13 años para arriba: una vez al mes

Having a scheduled special time for connection builds our child's self-esteem, strengthens family bonds, develops positive behaviors and encourages communication. Meaningful connections are about quality of time, not quantity of time. Keep it simple and plan this special time with your child in ways that make sense for your lifestyle and your family.