



Help for Parents

Getting Started

1. You can either schedule a regular time together each day, or just try to find a time each day when your child seems to be enjoying a play activity alone. If scheduling one-on-one time, start by asking your child what he or she would like to do together. If one-on-one time is unscheduled, wait until you notice your child playing in a positive way.
2. Next, join in the child's play. Do not try to do one-on-one time when you are upset, busy with someone else, or planning to leave the house soon for an errand or trip, as your mind will be preoccupied, and the quality of your attention to your child will be poor.
3. No other children should be involved in one-on-one time. If you have other children in your family, either have another caregiver look after these children while you play with your child or choose a time when the other children are not likely to disturb your one-on-one time with this child.
4. Relax! Casually watch what your child is doing for a few minutes, and then start some positive interactions (see **What to Do**, below) when your child seems to have noticed you and seems open to your attention. The main idea is to have fun with your child.



What to Do

1. After watching your child's play, begin to describe out loud what your child is doing. In other words, narrate your child's play in a way that shows your child that you find his or her play interesting. You can think of yourself almost as a sports commentator describing a rugby or football game over the radio. Try to make your tone of voice exciting and action-oriented, not dull or flat.
2. Now and then, you can also provide your child with positive statements of praise, approval, or positive feedback about what you like about his or her play. Be accurate and honest, not excessively flattering. For instance, you might make comments like "I like it when we play quietly like this," or "I really enjoy our one-on-one/special time together," or "Look how nicely you've built that!" Try to be very specific about what you like.
3. Try to be as immediate as possible with your approval when you notice something good.
4. If your child begins to misbehave, simply turn away and look elsewhere for a few moments. If the misbehaviour continues, then calmly tell your child that one-on-one time is over and leave the room. Tell your child you will play with him or her later when he or she can behave nicely. If the child becomes extremely disruptive, destructive, or abusive during play, use the other skills that you would typically use at those times.

