

Ideas for One-on-One Time

Children often have ideas of what to do for their One-on-One time. If your child doesn't have any ideas, you can offer a few options. Below are some suggestions.

Ideas for children of any age:

- » Play a card or board game
- » Make a snack
- » Go for a walk
- » Play a sport like soccer or basketball
- » Listen as your child plays or sings a couple of their favorite songs
- » Have your child teach you how to play their favorite video game and play it together
- » Go out for a treat

Ideas for younger children:

- » Build something with blocks
- » Have your child show you how to play a game even if you already know the rules (play by your child's rules)
- » Watch as your child draws, paints, or does a fun project
- » Watch your child play with toys of their choice
- » Tip: with younger children, parents have more opportunities to describe the child's behavior and these descriptions will be appreciated! Imagine you are a sportscaster or are describing what your child is doing to someone who cannot see them.



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Ideas for older children:

- » Have your child show you a new game or program on their phone or computer
- » Have your child share one of their hobbies with you
- » Look through your child's photos or yearbook together
- » Tip: older children do not like having their every move described but still like knowing you want to spend time with them and value their ideas and skills. Follow your child's lead, but don't describe what an older child is doing. You might give a compliment for something they did or ask questions that follow up on topics your child raised.

MODULE 2: Create Stronger Family Bonds

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