

Potential Challenges to Doing One-on-One Time

What if my child acts up?

If your child acts up just a little, try turning away for a moment and ignoring the behavior. If your child continues to act up, you can tell them that One-on-One Time has ended and will happen later if they can behave. Reschedule One-on-One time for the next day or two.

What if my child doesn't follow the rules of the game or cheats?

Some parents remind themselves that this is not the time for teaching and let their child play the way they want. Other parents decide that only cooperative games are allowed.

What if I have more than one child?

Creative scheduling helps. Do One-on-One Time after the younger child is asleep or the older one is engaged in an activity. If this is not possible, speak to your child ahead of time about an activity they can do by themselves when their sibling is having One-on-One Time.

What if my child doesn't want to do it?

You can try saying, "It's really important to me that we stay connected. It's easy for families to stop spending time together when there have been lots of changes. So, I want to spend some time just with you. You can decide what we do. It's just for 15 minutes. Will you give it a try?"

What if my child doesn't want to stop?

You can try saying, "I understand it is tough to stop when we are having such a good time. We will have One-on-One Time again [say when]. I'm really looking forward to it." Setting a timer can also help end the activity. Setting it for 2 minutes before it ends helps prepare children.

How can I fit in One-on-One Time?

You can try to identify a chore or other activity that can be shortened or put off and use that time for One-on-One Time. Or, you can free up extra time by getting your children more involved in helping around the house so you have less to do.

What if I really don't feel well?

Set a regular time when you are likely to have some energy and enthusiasm and know you can follow through. You may want to take a few moments to refresh yourself before One-on-One time. However, if you find that you are truly exhausted, sick, or emotionally drained when the scheduled time arrives, reschedule it so both you and your child can enjoy it.



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What if I feel uncomfortable, stupid, or awkward doing it?

It may not be comfortable at first, but give yourself credit for doing it anyway. As you practice, it will become more comfortable and you'll see that your child loves this kind of attention.

How do I stop myself from directing or teaching?

Remind yourself that there are many other times for teaching and giving directions. Give yourself "time off" from being the teacher, advisor, and disciplinarian to enjoy some special time with your child.

MODULE 2: Create Stronger Family Bonds

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