

What is One-on-One Time?

One-on-One time is time you spend alone with each child, giving them warmth, acceptance, and your undivided attention. It involves a short activity – only 15 minutes. It happens once a week, every week.

Steps to Doing One-on-One Time

Here are some simple steps to follow for One-on-One Time:

- » Announce it by telling your child it is time for One-on-One Time
- » Ask your child what they want to do
- » During the activity, follow your child's lead
- » Reflect on what your child is doing, make positive comments, and give praise
- » Be positive! Don't criticize, direct, or teach
- » End the activity by telling your child you really enjoyed spending time with them and remind them you'll do it again next week

Planning for One-on-One Time

Here is a tool you can use to help plan for doing One-on-One time by listing the day and time you will schedule it with each child, as well as noting any challenges that might come up and possible solutions. Feel free to fill it out for each child in your family.

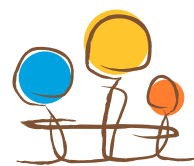
Child:

What might make it hard to do (potential challenges):

Day:

Ideas for overcoming challenges:

Time:



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