

Structured Connecting: One-on-One Time

10 Minutes Per Day

Before You Start: Mindfulness Check!

<p>Eye Contact Ritual</p>	<p>One-on-one Time Opening Ritual: <i>Parent (with a smile):</i> "Sam, please give me eyes and hands." <i>Child:</i> Gives parents eyes and hands. <i>Parent (with a smile):</i> "Thank you for giving me eyes and hands. It is time for our one-on-one time. I am so excited to play with you." One-on-one Time Opening Ritual (Older child): <i>Parent places hand on shoulder or whatever feels comfortable:</i> "Hey buddy, I would really like to hang out with you one-on-one, and spend some time with just you. We can go....or whatever you would like to do?"</p>
<p>Voice Quality</p>	<ol style="list-style-type: none"> 1. What is your TONE? The tone is the way in which your voice expresses meaning. Is your tone playful? Harsh? Accepting? 2. What is your CADENCE? The cadence refers to the modulation or inflection in the voice. Is your voice flat? Soothing? Energetic? 3. What is your VOLUME? The Volume refers to the quietness or loudness of your voice. Loud voices can be scary and too soft can convey disinterest.
<p>Playful Interaction</p>	<p>Our goal is to bring safety and fun so our child can connect, learn and know their value. Playful interaction sets the stage for safe interactions with our children and teens.</p>
<p>Behavior Matching</p>	<p>Spending time with your child sends the message that they are valuable and what they are doing or talking about is something worth doing. For example: If they are creating art – you can create something similar If they throw the ball in a fun way – you throw it in a fun way If you are on a walk and they stop to smell a flower, you smell it too</p>
<p>Character Praise</p>	<p>During One-on-one time we are going to praise positive character traits. There are many different ways in which we can praise our child/teen but character praise carries the most weight for helping them heal on the deepest level. A character praise is just what it sounds like, we are praising the their character traits (not just the their behavior.) This is how we help the them know they are precious and worthy. Some examples include: <i>"I liked how you helped with the dishes last night, you are so kind."</i> <i>"Thank you for sharing, you are so thoughtful."</i> <i>"You are so creative, that is a great idea."</i></p>
<p>Touch</p>	<p>Offer touch throughout One-on-One time at appropriate moments. A hand on the shoulder, sitting close to the them and offering a hug helps to build the attachment bond. An excellent way to sneak in some touch is to give high fives (or a fist bump or family handshake) when you are praising something wonderful they just did.</p>
<p>Eye Contact</p>	<p>One-on-One Time Closing Ritual: <i>Parent (with a smile):</i> "Sam, please give me eyes and hands." <i>Child:</i> Gives parents eyes and hands <i>Parent (with a smile):</i> "Thank you for giving me eyes and hands. Our one-on-one time is over. I had so much fun with you today. I especially liked how you _____."</p>

What to avoid during One-on-One Time:

Commanding, Teaching and Questioning:

Every time we ask a question, give a command, or teach we are taking over the lead of the interaction. It would feel similar to you being engaged in a movie and having somebody constantly asking you questions about the plot, trying to teach you about the characters or asking you to stop watching and get up and get you some popcorn!

Try not to ask questions, give commands or teach during One-on-One time. Allow the child/teen to have his or her own ideas about how your time together is spent. This may leave you a bit quiet at first, but that is ok. Allow your teen to fill the silence and if you are uncomfortable and need to fill it, go ahead and use your words to give character praise. If a question, command or teaching statement comes out of your mouth, it's ok, just be mindful of whether or not this statement took over the lead of the interaction. If it did, try to refrain in the future.

Should I Correct Behavior during One-on-One time?

When you are practicing One-on-One time you are giving lots of positive connection to your child/teen as well as letting him or her take the lead. Because of this type of interaction, they rarely act out, but if they engage in a behavior that is inappropriate to you, you will need to correct it. The easiest way to correct a behavior during One-on-One time is to playfully do a "redo." Once the redo is complete, you can resume with your One-on-One time. Although the teen is leading the interaction, you are still the strong, loving adult in charge.

Types of Activities that Work Well:

The best activities for One-on-One time are activities without instructions or rules. If they come with instructions then you will want to follow them which does not allow for creativity and imagination.

Activities for Younger Children:

- Play Doh[®]
- Legos[®] (but not kits)
- Paper and Crayons
- All kinds of Craft Supplies
- Building Blocks
- Outside time for Exploring
- Fort building
- Finger Painting
- Water Painting with Paintbrush, water and the sidewalk
- Crafting or Modeling Clay
- Play in the Sandbox
- Creating an obstacle course (inside or outside)

Activities for Older Kids & Teens:

- Go for a walk
- Mani/Pedi
- Throw a ball back and forth in the yard
- Go somewhere to eat together
- Go get ice cream
- Make something in the kitchen and eat it together
- Paint together
- Arts and Crafts
- Work on a puzzle together