

## **One on One Time**

The increased time at home is an excellent opportunity to strengthen bonds with your kiddos! One way to do so is by dedicating one on one time to each of your children. This *One on One Time* activity is derived from the Resilient Parenting for Bereaved Families (RPBF) Program and grounded in evidence-based clinical research done at the REACH Institute of Arizona State University. For more information on the REACH Institute and RPFB program please go to their website: <https://reachinstitute.asu.edu/programs/resilientparent>

New Song Center for Grieving Children is a partner with ASU and the REACH Institute in providing this program to grieving families.

Here's how it works:

- 1.) Plan 15 minutes each week for each child. Set a schedule, write in on the calendar and stick to it!
- 2.) Announce to your child it is time for their one on one time. Formalizing it through the announcement let's the child know they can count on your undivided attention (which means no phones or parental distractions at all).
- 3.) Allow the child to choose your activity. It can be passive (watching them play video games) or active (drawing together or shooting hoops).
- 4.) Allow them to lead the activity. Do not criticize, instruct, or teach during the activity (no matter how crazy their idea is!)
- 5.) Offer encouragement and positive attention along the way. (ex) Wow! You have gotten so good at basketball, what a shot!)
- 6.) Once the fifteen minutes has ended, state, "I really enjoyed spending time with you. We'll do it again next week at this time."
- 7.) Do it again the same time next week!

Tips for success:

\*Get creative with scheduling. Shorten a different activity to afford more time, factor in bedtimes for younger children as an opportunity for time with older children. Remind the kids this will happen every week so they can factor it into their schedules as well

\*If there is resistance, let the kids know how important it is to you to stay connected (especially with all that is going on right now). Once they get the hang of it, they will crave this time.

\*If behavior becomes an issue, try doing things that are not competitive. If it cannot be managed, cancel 1:1 time that day and revisit it a few days later.

\*If your child wants to keep going beyond the 15 minutes, remind them you will do it again next week. Setting a timer for the last few minutes can help.

\*Have fun! No matter how silly or crazy the kid-led activities may feel, try to relax and enjoy this dedicated time together as it will benefit the entire family!