

Time-In with your Child

Spend special time each day with your child so he knows how much you care!

Examples of Time-In



Reading Books



Kisses & Cuddles



Going to the Park



Cooking Together

Pointers for Parents:

- **Follow your child's lead.**
 - Let him pick the activity.
 - Describe what you see him doing. This will teach him new words while giving him the positive attention all kids crave.
 - "You are playing with the red car, it is going fast!"*
 - "I like how you are putting those blocks together—you are working hard!"*
- **Be a good audience.**
 - If he wants to play with the same toy each time—it's ok!
 - Kids learn how things work by doing things over and over.
- **Have realistic expectations.**
 - Provide activities or games that are age-appropriate.
- **Set aside "special time" for your child every day!**
 - Give your child transition warnings before you end the play time & remind him you will do it again tomorrow!

**Time-In is important time for you and your child.
Every day moments can be made "special".**