

A GUIDE TO GETTING ONE ON ONE TIME

01



Brainstorm

Brainstorm with your child for activities that you could do together. Remember, they can be in or out of the house

02



Make your list.

Use the ideas to create a "bucket list" of things to do together. Publicly post this on your refrigerator and cross them out as you

03



Schedule

Schedule out the time! If you need to mark it in your calendar.

04



Make a time commitment

Commit to spending the time with your child. This is the toughest step for adults because we are pulled in many directions.

05



Enjoy the time (and turn off your phone)

Spend your one-on-one time. Make sure to put your cell phone on mute or even put it away.