

DO THIS AT HOME

“Find Delight Now, Catch Up Later...”

Try this activity at home to remind your child how important and loved he is, and that you always have time to spend with him.

What Your Child Will Learn

Playing as if it is the only thing you want to be doing at that moment is one of the most valuable gifts you can give your child. Your child knows when your heart is in it and when you are distracted. Really enjoying and finding delight in your child each day will make him feel loved and important.

Materials Needed

kitchen timer (optional)

What to Do

- ▶ Each day, plan to set some time aside to focus only on playing with your child.
- ▶ When that time comes, or when your child asks you to play, allow yourself the “five minute rule” to finish up a task (such as finishing the dishes, putting food away, or sweeping the floor).
- ▶ Hold true to your word and go right to your child when it is time.
- ▶ Play with your child as though you are four years old! Get lost in the delight of living the life of a child for a little while. Your child will be thrilled with your interest and you will see his face beaming with happiness.
- ▶ After you play together, talk about what you did and what you enjoyed or learned. Ask your child what he enjoyed or learned. Then, make your next “date” to play later in the day or the next day.

Optional: Explain to your child that you will be free to play with him in 5 minutes, 10 minutes, 15 minutes (or whatever you consider an appropriate amount of time for your child’s developmental level). Let him help you set the timer. Tell him that when the timer goes off you will be “all his” for playing! The purpose of using a timer and immediately stopping what you are doing when it goes off is to prevent that urge to say, “Just one more minute and I’ll be over...” This helps your child learn to trust that you mean what you say and will hold true to your promises.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.