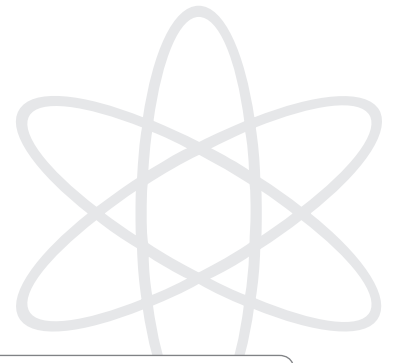


Special Times instruction sheet



Special Times last for five minutes only and should not be extended. Before you start, let your child choose the activity, toy or game. We don't want this to be reading a book, playing on a computer or a games console, watching TV or playing a lively outdoor game. When your child has decided what he wants to do, go somewhere where you won't be disturbed and deal with any obvious distractions such as the television or your telephone.

Play with your child for the five minutes, giving him your undivided attention and focusing on what he is saying rather than how he is saying it. When the time is up, write about your Special Time on the task sheet, making a note of what you did, and how you felt it went. Afterwards you can return to the activity with your child, but this is no longer part of Special Time.

If you have other children, it's a good idea to give them their own regular special times on an individual basis as well.