

# QUALITY TIME

*All children from newborns to teenagers NEED and WANT quality time from parents.*

## WHAT QUALITY TIME IS

- Chatting, playing peekaboo or singing to your baby.
- Playing dress up, praising and hanging up their drawing, watching a somersault catching your child when they jump off a step.
- Talking about your child's day at school, playing a board game, listening to a joke.
- Preparing dinner together, going to the playground, going for walk.

***Quality time with your child is different than just being with your child.***

## HOW TO GIVE YOUR CHILD QUALITY TIME

1. **Stop** what you are doing
2. **Make eye contact** with your child
3. Really **listen**
4. **Repeat** what they are saying
5. **Extend** the conversation or play

## WHAT QUALITY TIME IS NOT

When you are ....

- Watching TV, on the phone or using another technological device
- Too stressed, tired or upset to really pay attention to your child
- Socializing with your own friends while your child is present
- Doing housework, office work or schoolwork when your child is in the room



## HOW MUCH

*Short periods of time scattered throughout the day*

## HOW OFTEN

*Everyday*

## WHAT KIND OF ATTENTION

*Conversation, Physical Touch, Play*

### WHEN TO GIVE YOUR CHILD QUALITY TIME

- Bedtime
- When they are upset
- After school or daycare
- When they initiate it
- Waking in morning or from a nap
- Dinnertime (try to eat together 3-4 times per week, tech and TV free)
- While waiting (in line, for services or an appointment)

### TRY TO GIVE YOUR CHILD OR TEEN AT LEAST...

- 1 or 2 minutes of focused attention whenever they ask you for it
- 3 or more minutes after they wake up, after coming home and before bed
- 9 or more safe physical touches like hugs and kisses, high fives, fist bumps, hair strokes, pats on the back, playful wrestling, shoulder or back massages, hand squeezes
- AND lots and lots of smiles, winks, thumbs-up, nods, waves throughout the day

