

My Time Tracking

Daily one-on-one play time for 10–15 minutes with each child during "My Time" creates happy bonding feelings, nurtures emotional health, helps alleviate sibling rivalry, and protects kids from alcohol and drug use.

"My Time" provides you with an opportunity to give "social rewards" to your child (i.e. attention and praise). This helps you to get more of the behavior you DO want from your child, and rely less on the damaging effects of punishment (criticism, physical punishment, etc.) to extinguish behavior you don't want. "My Time" works best with a prearranged time that is consistent. Let your child choose the activity and you express love and praise as you play. You'll find it more rewarding and fun than you imagined. Track your progress for 3 weeks until it becomes a pleasant habit. If you make "My Time" emotionally rewarding, your kids will ask for it.

My Time Activity	Date	Child Name

RULES FOR "MY TIME"

DO:

1. Have fun playing one-on-one with each child daily. (If you have several children, rotate turns with your spouse, so each child gets a turn with one of you nightly.)
2. Let your child pick the activity. (For variety, make a list of fun games that you can play in 10–15 minutes, cut the list into strips, and put them in a jar. Draw one out from the jar each night and play it together.)
3. Cheerfully give your undivided attention for 10–15 minutes. Enjoy these moments together; have fun!
4. Notice the good your child does and make positive comments.
5. If it's a skill-based game, give yourself a handicap so your child can sometimes win.

DON'T:

1. Don't begrudge the time together. It will pay big dividends.
2. Don't correct, criticize, or offer suggestions for improvement.
3. Don't ask "leading questions" to teach a lesson or push your point of view.

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My Time Tracking Sheets

Print as many as you need.

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