Guiding Families to Thrive: Insights from Behavioral Parent Training Groups
Melody Lavian, Psy.D.
Clarity Pediatrics

Special 1:1 Time

One way of boosting parent-child connection is to create daily, quality time with your child for about 5-15 minutes a day, where your attention is completely focused on your child, and they are able to take the lead on choosing an activity.

Why is Special 1:1 Time especially important for kids with ADHD?

Children with ADHD are more likely to get negative reactions from people in their environment, like teachers, coaches, and even parents. This means that it is even more important that they have time reserved for positive interactions with parents.

Creating Special 1:1 Time

You can create the powerful effects of Special 1:1 Time by:

1) Letting your child choose the activity. Try to avoid the teaching and correcting parent modes--Special 1:1 Time is for play mode!

2) Focusing 100% of your attention on your child. Make it easy on yourself by scheduling Special 1:1 Time when you have few interruptions and distractions.

3) Showing enthusiasm! Showing enthusiasm for your child and their actions will help make Special 1:1 Time quality time together.

Special Time Tips

- It can be hard to come up with Special 1:1 Time activities on the spot. Help yourself out by creating a menu of choices to keep on hand. Here are some ideas other parents have found helpful:
  - Doing an art project
  - Creating a story/comic
  - Throwing/kicking a ball
  - Making hot cocoa, lemonade, or fresh squeezed juice together
  - Pretend play (dolls or stuffed animals)
  - Talking about a child's interest
  - Doing a puzzle
  - Making up a dance
  - Playing with a pet
  - Making a special snack

Resources

- Clarity Pediatrics webpage:
  - https://www.claritypediatrics.com/

- Seattle Children's Family Resource Page:
  - www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources/

- Understood:
  - Understood.org

- Parents Helping Parents:
  - https://www.php.com/