



Brainstorm

Personal Thoughts About Play and Special Time



Before continuing, think about these two questions:

1. What are the potential benefits for your child when you play or have special time with him/her?
2. What gets in the way of doing special time with your child?

Write down the benefits of playing and having special time with your child and your difficulties in doing it. See if you can find any solutions to your barriers to playing with your child.

Benefits of My Playing and Spending Time With My Child	Difficulties in Doing This
<p>Goal: I will commit to playing or having special time with my child _____ times this week for _____ minutes.</p>	