Parent Form 8.1

Do’s and Don’ts for One on One Time

Skills to use during one on one time:

- **Praise**—especially praise for specific behavior.
- **Reflection**—Repeat what your child says to help him or her know you are listening. For example, Child/adolescent: “Now I’m going to put the race car on the track.” Parent: “Oh, you’re putting the race car on the track.”
- **Description**—Describe what your child/adolescent is doing. For example, Parent: “Oh, so now you’re building a tower and putting on the highest block.”
- **Enthusiasm**—One on one time is always more fun and warm when parents are genuine and enthusiastic!
- **Attention** to positive and neutral behavior.
- **Ignore** minor misbehavior.

Things to avoid during one on one time:

- **Criticism**—Since one on one time is meant to be enjoyable and to promote a positive parent-child relationship, it is preferable to make this activity as rewarding and positive as possible. Try to keep your comments positive, even if you don’t agree with some aspect of the activity.
- **Questions**—Questions put pressure on a child/adolescent to respond and can end up directing the interaction. While questions are OK in many other interactions, try to avoid questions during one on one time.
- **Commands**—This is really not the time to direct the child to do things, like chores or other activities. It is a really meant to be a fun, child directed, activity that you do together.
- **Teaching**—Teaching can also direct the interaction, and it changes one on one time from a fun activity into one where the parent is providing education and instruction.
- **Discipline, scolding, or punishment** for minor misbehavior.