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PARENTING FOR JANNAH ACADEMY



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Special Time Workbook

MASTERCLASS

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Special Time Workbook

When you want to work on strengthening your relationship with your child, spending special time with the child is the best way to do it. In order to get better compliance and cooperation from our children, we first must build a STRONG foundation

Research has shown that children who have secure attachments with their parents and caregivers' prefrontal cortex develops much differently than children who interact with non-human toys, or nonhuman things, throughout their day. The prefrontal cortex deals with emotions, empathy, morality, awareness of self, and being able to regulate your body, which are all really important for our children.

In order for that part of the brain to develop optimally, they need that secure attachment with their adult which is why special time should be done when you are emotionally available and consistently.

Activity

Set aside 10 minutes every other day this week (for a start) to connect with each of your children on a one-on-one basis. Schedule it in just as you would any other important appointment.

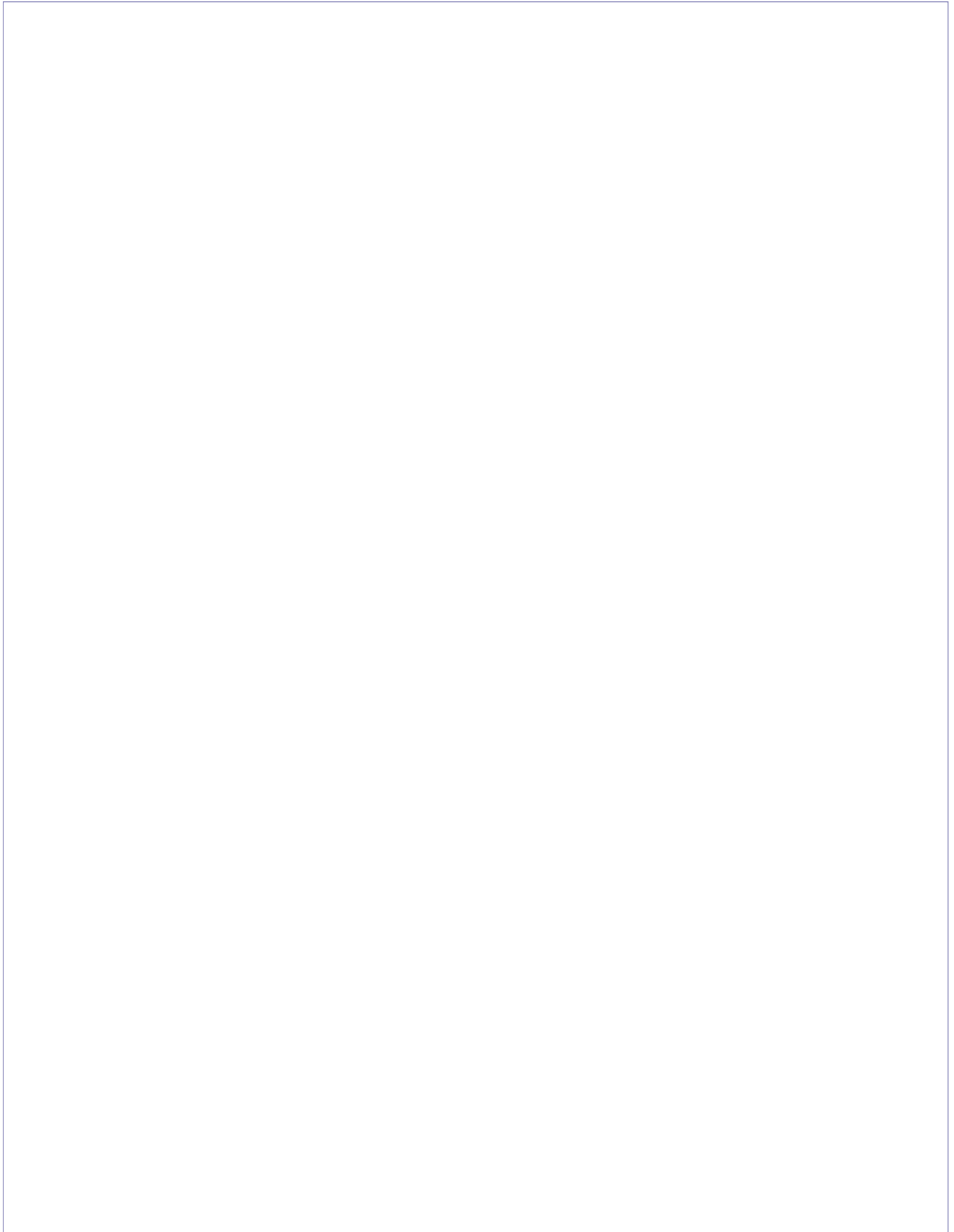
Let your children know you are going to start spending special time with each of them every other day for a start and sit down with your children to brainstorm a list of special time activities you can do with each of them in 10 minutes.

Use the sample Special Time Calendar to draw up a weekly plan to spend special time with your kid and put it up where everyone in the family can see.

Special Time Calendar

Name of Child	Day	Time	Ideas
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

List of Special Time Ideas



If you feel you don't have the time for special time; go through this exercise

What events in your childhood do you remember that brings a smile to your face?

Were there times your parents engaged in play and were fully present with you?

How often do you create time to spend playing with your child daily without any distractions?

Do you notice any positive change in your child's moods or behaviors after you spend time engaging in play or being fully present with them?

What are the commitments or challenges that keep you from being able to focus on spending one on one time with each child and what can you do to ease some of them?

What are some time-zapping activities that you fall into daily (e.g scrolling on instagram) or the ones that are not absolutely necessary in the moment (e.g. watching TV, checking email, folding laundry) when your kids are home that could be better spent enjoying one-on-one time with your children?

How can you rebrand daily activities that are routine and make it special time e.g. bedtime, bath time, drive home from work, grocery runs?

What activities have your child been wanting to try with you that you have said no to? Can you incorporate it into special time?

If you could make your child feel good about themselves, strengthen the love and connection between you and him/her in 10 minutes daily, would it be worth it?

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