



IES Grant  
#R324A160086

Universal strategy

# Quality Time



Barton Lab  
bartonlabvu@gmail.com

**Quality time is a time dedicated to having fun and building a positive relationship with your child. Intentionally planning quality time into your day can increase positive interactions between you and your child, making the hard parts of the day a little more manageable.**

## MAKING THE TIME



Try to set aside at least **15 minutes** a day for quality time with your child

Start small (2-3 min) and gradually build up to what your schedule allows.

And remember: quality over quantity!

## KEYS TO HIGH-QUALITY TIME



Child-led



Play-based



Free from directions and distractions



## INSTEAD OF:

## TRY:

Telling your child how to play



Letting your child tell or show you how to play

Choosing an activity for you and your child



Giving your child a choice of activities

Asking your child questions about their play (ex: "Are you driving the car?")



Commenting on their play (ex: "You're driving the car!")

Giving critical feedback (ex: "That isn't how you play with blocks")



Giving positive descriptive feedback (ex: "You are being so creative with the blocks!")

This time being stressful



Enjoying the time with your child without expectations



For more information on how to support your child's social emotional development, [click here](#).

