

Ten Minutes With One Child

Plan ten minutes with one child where nothing is being asked of either of you.

WHEN TO USE THIS

Use this when days go by full of logistics and you miss your kid.

Which child, and what do they like doing right now?

When in the next three days could you find ten minutes?

Pick a real slot, not a good day in general.

What will you do together? Let them pick if they want to.

No questions about school, chores, or behavior for those ten minutes. That is the whole rule.

Afterward: what did you notice, in them or in you?

Ten minutes with nothing asked of them lands differently than a whole busy day.