

# One on One Time

**What:** Caregiver spends 5-15 minutes a day with the child or adolescent, doing something the child finds enjoyable. This time is NOT dependent on positive behavior from the child.

**Why?** When children have behavior problems, many interactions between children and caregivers are about the problem behaviors and are negative. One-on-one time helps build more positive feelings between the caregiver and the child to improve the relationship AND to increase the likelihood that the child will engage in more positive behavior.

**Tell about One on One Time:** Use an **adult example** to explain **WHY** it is helpful. Example: Neighbor requests a favor after 1) a nice conversation and laughs the day before OR 2) after playing loud music all night. In which situation more willing to do the favor? It is like money in the bank!

**DO: Give the One on One Time Rules.** It's about just being together. No teaching, correcting, or reviewing daily problems. Use praise/recognition. Say nice things. Be interested. Comment positively/describe what the child is doing, don't ask questions.

**Pick activities for one on one time:** Something the CHILD finds fun (Playing dolls, shooting hoops, video games, going to the mall). *What are some activities your child (not you!) enjoys?*

**Model It** (Therapist as caregiver; caregiver as child); Pretend to **DO** one of the activities (up out of your chair!). **Discuss:** *What did caregiver think? How would child respond? Any expected problems?*

## CAREGIVER PRACTICES IT! (Therapist as child)

**DISCUSS. PRAISE EFFORT. GIVE FEEDBACK/COACH RE: DOING IT EFFECTIVELY. PROBLEM SOLVE ANY DIFFICULTIES.**

**Discuss and Assign First Weekly Practice.** *When will you do one on one time? What activity (ies) will you do/offer? How many days will you do it? Report back!*  
**Remind: NOT linked to child behavior (child GETS one on one time even on difficult days).**

**Points to Remember:**

- Not a reward: MOST important on difficult days.
- May not see changes in child behavior right away.
- Adapt what caregiver does/says based on child age (MORE describing child's activities for young kids).