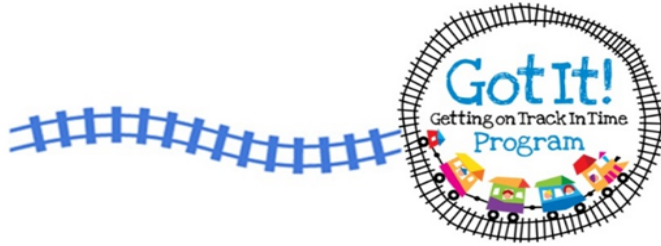


# Got It!



## Our Time

Small bursts of regular 'Our Time' helps develop positivity and trust in a parent-child relationship which improves behaviour.



**You Tube clip:**

*Our Playtime*

*By South Eastern Sydney Local Health District*

<https://www.youtube.com/watch?v=LHTR6EmStSI>

### Tips:

1. Remember it is **quality not quantity**: just 5 minutes a day of **one on one** time.
2. Be 'child-led' during your Our Time: doing what your child wants (so long as it is safe).
3. Try not to take over or make it a teaching moment, the aim is just to **have fun**. This will be easier if you do not choose an activity that requires an adult to be in charge or has lots of rules.
4. Show them you are engaged by limiting distractions and talking about what you are doing together while you do it.
5. Example activities: Take pictures together, build an indoor cubby house with an old sheet, drawing, ask your child to pick an activity etc.

