

# Make Special Time

When children spend much more time at home, it may be difficult for them to understand that you are not available to play throughout the day. It can help to schedule “special time” each day. Create a plan with your child, highlighting the times you’ll spend together.

A colorful calendar-style chart for "Special Time" is presented on a yellow background with a pink border. The chart is divided into two columns: "TIME" and "TOGETHER TIME ACTIVITY".  
- **Morning:** The "TIME" column features a sun icon. The "TOGETHER TIME ACTIVITY" column features "COLORING" with illustrations of Elmo, a drawing of a sun, and another character.  
- **Afternoon:** The "TIME" column features a cloud icon. The "TOGETHER TIME ACTIVITY" column features "PLAYING CATCH" with illustrations of Elmo, a ball, and a character.  
- **Evening:** The "TIME" column features a star icon. The "TOGETHER TIME ACTIVITY" column features "FAMILY DINNER" with illustrations of a plate of food and Elmo.  
- **Bedtime:** The "TIME" column features a moon icon. The "TOGETHER TIME ACTIVITY" column features "STORY" with illustrations of a character, Elmo, and an open book.  
The chart is decorated with a green leafy border at the top and bottom, a red polka-dot ribbon on the left and right, and a red heart on the right side.

## Tips to try

- ★ Remind your child that saying “no” does not mean “I don’t love you”
- ★ Ensure all caregivers participate in “special time” together or separately
- ★ Keep this schedule in a shared place