

PATIENT INFORMATION

Special Time

Speech and Language Therapy Factsheet

A regular time for you and your child to spend playing together on your own without distractions.

Special Time works best when...

- It happens daily.
- It happens for a short amount of time (e.g. five minutes).
- Each child in the family has Special Time with each parent.
- It happens in a quiet room without distractions and interruptions (e.g. turn off the TV).
- You tell your child that you are going to have Special Time.
- You use an egg timer or alarm clock to keep track of time and to help your child to know when Special Time starts and finishes.
- You give your child a choice of two or three play activities (not TV, computer or active games).
- You allow extra time if an activity needs to be set up before you start.
- You carry out the activity together.
- You follow your child's lead in play, accept his or her ideas, and avoid telling him or her what to do.
- You give your child your full attention and show that you are interested.
- You praise your child.
- You help your child to prepare for the end of Special Time by saying "one more minute" (as you hold up one finger), and then when the minute is up, counting to 10 and saying "finished."

Contact us

Please contact your Speech and Language Therapy Department if you have any queries regarding the information in this factsheet or the accompanying interaction strategy factsheets. The following websites have further information for parents and professionals:

www.talkingpoint.org.uk

www.hanen.org

www.literacytrust.org.uk/talktoyourbaby

www.childrenandfamilyhealthdevon.nhs.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.