

## **Celebrating You and Your Child... three techniques you can try today.**

### **1. Spend 30 minutes a day 1:1 with your child**

- Take your child to the quietest, calmest room in your house.
- Do your best to arrange it so you will not be interrupted for 30 minutes.
- Bring a small box of toys or activities with you; do not include any electronic toys.
- Slowly increase the time you spend 1:1 with your child by 15 minute increments.

### **2. “Join” your child**

As a way to understand and build a deeper relationship with your child, do exactly what your child is doing. Focus on enjoying this time in “their world”. (A landmark aspect of The Son-Rise Program).

#### ***For example:***

- if your child is bouncing on a ball, you bounce on a ball.
- If your child is running from one wall to the other, you run from one wall to the other.
- If your child is reciting a scene from a movie or book, you recite the same scene with her.
- If your child is doing math problems, do your own math problems with him.
- If they are staring at the wall, stare at the wall with her.
- Do whatever it is he is doing, in the exact same way.;
- As you are doing what she is doing, concentrate on really enjoying the activity.

### **3. Focus on eye contact**

The more they look, the more they learn. The more you focus on your child’s eye contact, the more it will grow, giving your child opportunities to learn from you. Eye contact is of fundamental importance to all future learning.

#### ***For example:***

- Celebrate your child every time s/he looks at you. You could say, “Wow, I love it when you look at me,” or “Yeah! You have the best eyes ever!” or “Thank you for looking at me.” It does not matter what you say, but rather that you feel excited and grateful for the fact that your child is choosing to look straight into your eyes.
- Bring attention to your face and eyes. Make your face interesting by wearing hats, funny glasses, stickers and paints on your face, etc.
- Position yourself in front of your child, at eye level or below, to make it easier for them to look at you. When offering toys, food or drinks, place them by your eyes.

