

# One on One Time Cheat Sheet

One on One Time isn't hanging out. One on One Time is intentional, deliberate and about being present with just you and the other person.

One on One Time is most effective when:

- All distractions for YOU are gone.
  - No kids
  - No screens (Unless you're taking a quick picture, NOT taking a pic and posting it)
  
- It is child directed (they pick what to do and how it gets done)  
OR
- You switch off between each other (for couples)
  
- You eliminate:
  - Questioning
  - Criticizing
  - Correcting
  - Lecturing
  - Teaching
  - Crucial Conversations
  
- You focus on what you notice and what emotions you recognize.
  
- You focus on quality over quantity.
  - Go as long as you can be present with the things listed above.
  - The older they get, the longer you'll be able to go.

You're totally welcome to set limits around:

- Safety
- Cost
- Screen Interaction (i.e watching a kid show, playing a videogame, looking on Pinterest, etc.)

One on One time isn't taken away because of bad behavior. In fact, it may help the bad behavior decrease. There are plenty of other ways to consequence.