

Special Time

Focused one to one time with your child

NHS

Barts Health
NHS Trust

Spend **5-10 minutes** each day with just you and your child



Doing it at the same time every day can help you remember

Give your full attention to your child during this time



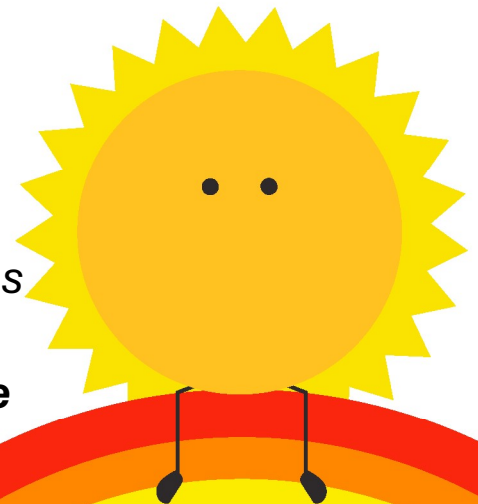
Turn off / silence **distractions** like phones and TVs

You or your child can choose the activity

Join them at **their level**



*Check out our other leaflets for ideas on how to support your child's communication during **special time***



Young Barts Health