

Mom or Dad Alone-Time is OK

It requires balance to create a happy, healthy family. Jobs, chores, activities, time with your spouse and time with your child are a part of your daily routine. Also, schedule some **alone-time**. It helps you **de-stress** and **re-charge**.

Parents do not need to play with their child every minute they are together. In fact, it is good for your child to play alone. It helps him:

- Learn to be creative.
- Develop critical thinking skills.
- Gain confidence.

Create time, every day, for your child to play alone.

- Put a basket of toys in every room. Change the toys in the basket often. Old toys seem like new when your child has not played with them for a month.
- Keep a list of activities. Give your child an activity like a teacher would give homework. For example, ask your child to draw a picture of your house. Give her a magazine and scissors to cut out objects that are red.
- Create a play space – inside and outside of your home. Inside – use a room or a corner of a room. Stock it with books and old clothes. Include other “open-ended” toys like building blocks, Lego’s and art supplies. Make a backyard space that is safe. Grass, sand, trees and small bugs are nature’s toys.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
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1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
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