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Special Time

Creating moments of connection in
the middle of caregiving

A CAREGIVER RESOURCE BY 2VILLAGES



Finding Connection in the Middle of Caregiving

When you're raising a child with disabilities, it's easy for your relationship to become filled with appointments, therapies, reminders, advocacy, and daily support.

We become experts at coordinating services, anticipating challenges, and meeting needs. While those things are important, they can sometimes leave very little room for simply enjoying our children.

Special Time creates space to step out of the role of caregiver and into the role of parent. It's a chance to connect, laugh, be present, and spend time together without an agenda. And the good news? It doesn't have to take long to make a meaningful difference.

What is Special Time?

Special Time is intentional one-on-one time between you and your child.

The goal isn't to teach a skill, improve behavior, or accomplish a task. The goal is connection.

For a short period of time, your child gets your focused attention without distractions, multitasking, or the pressures of everyday life.

Special Time can be five minutes or fifty minutes.

What matters most is consistency and presence.

At its core, Special Time isn't is about creating moments where your child knows they have your full attention and your relationship comes first.

Why It Matters

Children need connection just as much as they need food, sleep, and structure. Special Time helps children feel seen, valued, and important.

Special Time can help:

- Strengthen the parent-child relationship
- Fill your child's connection bucket
- Help children feel secure, understood, and valued
- Reduce the need to compete for attention throughout the day
- Create predictable opportunities for connection
- Build trust through consistent one-on-one time
- Increase cooperation by strengthening connection first
- Give children a break from expectations, corrections, and demands
- Allow children with disabilities to simply enjoy time with someone they love

Having an Effective Special Time

Schedule it.

Put Special Time on the calendar and do your best to protect it. Consistency matters more than length.

Follow their lead.

Let your child choose the activity when possible. If needed, take turns choosing.

Put distractions away.

Put away phones, tablets, and other distractions unless the activity involves a screen.

Be present.

This is not time for teaching, correcting, reminding, or solving problems.

Use it as a connection anchor.

When your child wants attention and you're busy, remind them when Special Time is coming.

A Note For Caregivers

Special Time doesn't need to be long to be meaningful.

Five to fifteen minutes of focused attention can have a huge impact.

The best Special Time isn't the longest one. It's the one you can do consistently.



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