One-on-One Time Cards

Pick-a-Card Ideas

6 quick ways to give one child your full attention -- pick one, any day.

For: _____

Pick a card and do it with just this one child -- no sibling, no rush.

Not a schedule to keep -- just real ways to be fully theirs for a few minutes.

1



Story Pick

Let them choose one book -- just the two of you, no interruptions.

~10 MIN

2



Kitchen Helper

Stir, pour, or taste-test something together while you cook.

~10 MIN

3

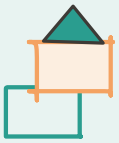


Walk and Talk

A short walk around the block, just the two of you.

~10 MIN

4



Build Together

Blocks, a puzzle, or a drawing -- something only you two make.

~10 MIN

5



Dance Break

Put on one song and dance together in the kitchen.

~5 MIN

6



Show Me

Let them teach you something they're proud of.

~10 MIN

A few minutes, fully theirs.

Fair doesn't mean equal -- it means each child feels individually known.