



## 6 Routines for Parents to Try at Home

### ★ **Special One-on-One Time:**

Allocate 10 minutes of undivided attention, free from distractions or technology, for each child individually. Engage in an activity they enjoy or simply chat. This dedicated time fosters a stronger bond and opens avenues for comfortable communication.

### ★ **Sharing High-Low:**

Encourage a daily routine where each family member shares the high point and low point of their day. This fosters communication and emotional expression.

### ★ **Chit-Chat Time:**

Designate a specific time daily for casual conversations. This helps normalize speaking without pressure.

### ★ **Turn-Taking Games:**

Play turn-taking games like board games, where each person gets uninterrupted time to speak or take their turn. This encourages patience and listening.

### ★ **Shabbos/yuntif Table Turn-Taking:**

During holiday meals, establish a turn-taking rule where everyone gets a chance to share a story or express gratitude. And encourage others to listen to the speaker - more than just waiting for their turn to talk. This creates an inclusive environment and reinforces listening skills.

### ★ **Positive Reinforcement:**

Offer consistent positive reinforcement for efforts in communication, focusing on the content rather than fluency.