

Challenge	Possible Solution
<b>I don't have enough time.</b>	<b>Find time in your daily schedule. Set aside just five minutes some days (for example: 5 minutes after dinner).</b>
<b>My child doesn't want to have One-on-One Time.</b>	<b>Suggest something fun to do for your child who is still the only one</b>

	<b>leader, such as talking about their interests.</b>
<b>I just want to watch TV or call my son.</b>	<b>Ask your child to show you what's on the phone and let them tell you the story.</b>
<b>I'm not comfortable with what my child wants to do.</b>	<b>Explain to your child why you are uncomfortable and ask what else he or she would like to do.</b>
<b>I can't do what my child wants to do.</b>	<b>Ask the child if you can watch him/her!</b>
<b>My son chose a contest. I won and he got angry.</b>	<b>Ask your child for other things to do where you can work together.</b>
<b>My son was restless when One-on-One Time was coming to an end.</b>	<b>Be clear about how much time you have and give a signal when the One-on-One Time is about to end.</b>
<b>All my children want to have One-on-One Time at the same time.</b>	<b>Think of a different time when the other children are not around or ask for help from another adult in the house.</b>