JUST THE TWO OF US

LIFE SKILL
relating to others

Why just the two of us?

In families, one of the best gifts is time spent together. Sometimes, the best “togetherness” is the kind shared one-on-one between parent and child. It’s important to plan for this time so that it gets built into the family’s busy schedule. This activity can help parents or caregivers and children make a point of spending time together—just the two of them—each month.

What do we need?

“bright ideas” list (page 66); calendar; pen or pencil

How long will it take?

15 to 20 minutes to fill out the list; time to do what you wrote on the list

What do we do?

• Make copies of “bright ideas” list.
• Find time for each child and parent to fill out a “bright ideas” sheet together.
• At the beginning of the month, parents and children schedule some one-on-one time with each other. Use the “bright ideas” sheets to decide what to do on each date—or surprise each other.
• Mark all family dates on the calendar. Don’t let anything but an emergency interfere with these dates.
• In two-parent families, mom and dad should schedule monthly dates with each other as well as with the children!
<table>
<thead>
<tr>
<th>Things we'd like to do</th>
<th>How much time will it take?</th>
<th>What supplies will we need?</th>
<th>How much money will it cost?</th>
</tr>
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</table>
What happened?

▼ What did the “two of you” do together?

What did you learn?

▼ What did you gain by being together?
▼ Talk about some things that you shared with each other that you might not have shared in a group. But don’t violate any confidences!

Why was this activity important?

▼ Why is it important to share time one-on-one?
▼ How did you feel sharing some special time with the other person?

What's next?

▼ Will you continue to schedule time for “just the two of you?”
▼ How will this experience help you in the future?