

Family Time

Because of the fast-paced world we live in today, it is becoming more and more difficult to spend time with family members. It can be easy to forget to spend time with your child(ren) on some occasions.

Time is one of the greatest things you can give them!

Here are some reasons you should make quality family time a priority:

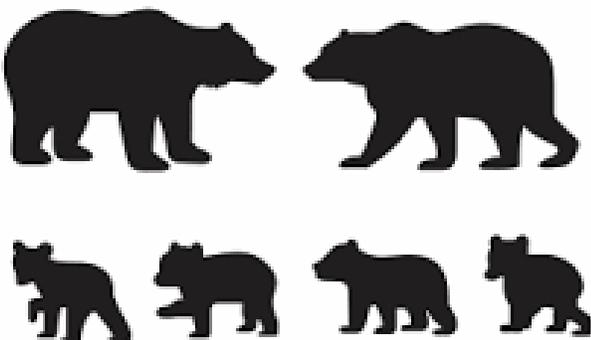
It builds children's self-esteem

- Children who spend time with their parents participating in activities together build a positive sense of self-worth.
- When children feel that they are valued by their parents, they feel more positive about themselves.
- Family activities do not have to be expensive trips out to be meaningful, the important part is just being together.



It strengthens family bonds

- Families who share everyday activities together form strong, emotional ties.
- Studies have found that families who enjoy group activities together share a stronger emotional bond as well as an ability to adapt well to situations as a family.



- Share your favorite hobbies, sports, books, movies, or other favorite activities.



It develops positive behaviors

- Children and adolescents who spend more time with their parents are less likely to get involved in risky behavior.
- Teens who have infrequent family dinners are twice as likely to use tobacco, nearly twice as likely to use alcohol and one and a half times more likely to use marijuana.
- Children who frequently eat with their families also usually have improved dietary intake compared to those who do not eat as often with family members.



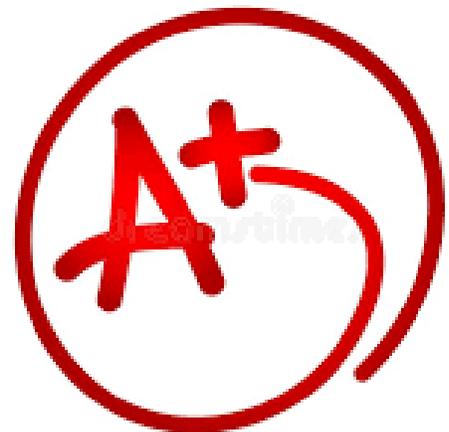
It encourages communication



- When you spend time with your children you are fostering an environment for open communication.
- Good communication is important for your children to feel comfortable with talking to about anything.
- Simply asking your child how their day ask gone can make a big difference.

It can help your child's academics

- Spending time helping your children with schoolwork or reading together, especially in their early years, will foster an environment that values academics.
- If your child feels comfortable coming to you with schoolwork, they are more likely to perform better academically.

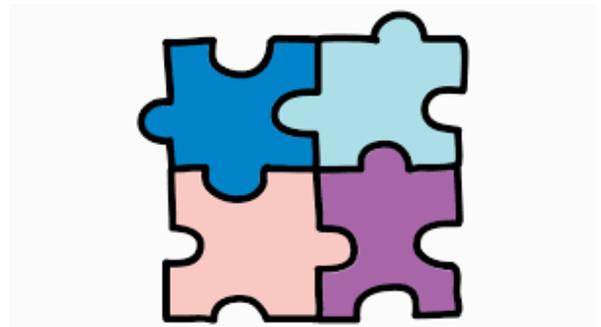


It can help your children be a good friend

- Children learn by example!
- If you are setting a good example for them by spending quality time together, they are more likely to adopt those behaviors in other relationships in their lives.
- Simple things like playing games together will help them understand more about interacting with others as well as teach them things like sharing and kindness.

List of activities your family can try together

- Here are some ways that you can try and have more family time
 - Have a family movie night at least once a week
 - Go on family walks in the evening (while taking health precautions)
 - Try and complete a puzzle together (puzzles forthcoming in Booster 8)
 - Play card games (like Uno)
 - Play Charades or go on a Scavenger Hunt!
 - Cook dinner as a family (follow one of our recipes!)
 - Have family game night at least once a week (using the deck of cards from Booster 5)



Most importantly, family time means you can just **have fun and enjoy each other's company!** Make the most of it this week and do some of the activities outlined together.