



Spending Quality

Time with our Family Part I

Adapted from The Children's Trust

With today's busy lifestyles, it's often difficult as parents to spend "quality time" with our children. Spending quality time means giving our children our wholehearted attention, making sure that we are getting to know each other and involved in activities that our children enjoy. Quality time doesn't always have to be a planned activity or a specific agenda, it can also be spontaneous and range from a few minutes to several hours depending on the situation. Here are a few activities to consider:

Talk

Spend time talking with our child. Talk about our day, their day, what we are going to do, what we are seeing on the street, what they are watching on television, what they like to do, our childhood, their relatives, their toys, and the list goes on. Also, be sure to listen and ask lots of "why" and "how" questions. Allow our child to talk about themselves and what they like to do, their feelings and concerns, and how they feel about themselves.

Read

Read to our child. Find an age-appropriate book and, depending on our child's age, read to them or have them read to us. When we are finished, talk with them about what they read and ask them how they feel about it. Set up regular reading dates.

Quiet Time

Sit with them while they watch TV or do homework or while they are getting ready for bed. The important thing is to spend some time being quiet together.

Mealtime

Mealtime can be a time of reconnection for families. It can be a fun time to ask questions about our child's day without interruption. A few things to keep in mind at dinnertime:

- Turn off the phones and television to ensure quiet, uninterrupted time.
- Let each child have equal time to talk about his or her day.
- Don't interrupt them.
- Ask specific questions.
- Keep the conversation light; avoid arguing with them at this point.
- Tell them about our day.
- Make mealtime fun.

In our next edition, we will look at some more fun activities.

If you are interested in receiving more information on Quality Family Time or other relevant and useful information, remember that MyEAP is here to help. Contact us at eap@familiesinaction.net or log on at www.myeap.familiesinaction.net with your username and password.