



Spending Quality Time with our Family



Part II

Adapted from The Children's Trust

Quality time is time spent with our child that is meaningful to both parent and child. Remember, we don't need a specific agenda... it just needs to be fun! Here are a few more activities to consider:

Outings

Consider trips to the zoo, museums, park, library and other places of interest. Allow our children to have a part in planning the outings so that it becomes partly their activity as well.

Game playing/activities

Find out what games they like and schedule time to play video games, board games, or puzzles. Teach them games we used to play when we were their age. Become their playmates for a little while.

Special Projects

Start a project that we can start, work on and finish with our children. Consider building a tree house or birdhouse, making some light repairs, or painting our child's room. Consider the following in planning your special project:

- What projects would we like to do with our child? At what ages?
- What skills would we like to teach our child?
- Make sure it's something we both want to do.
- Set realistic goals. Consider our child's age, skill level, attention span.
- Find ways to help our child be involved safely.
- Make a schedule if it will take more than one session.

Family Night

Plan a weekly family night. This could be an evening once a week when the family has a meaningful experience together:

- Have a set day and time weekly, bi-weekly, or monthly where everyone commits to attending.
- Plan activities that involve everyone's participation, like playing board games or card games. Consider craft projects or putting on a family play for fun.
- Plan outside activities like walking, hiking, bowling, or going to the movies (followed by a family discussion about the movie). During the holidays, you can bake treats.
- No heavy stuff. Family nights are not the time for discipline or arguing. Make them light, fun and interesting.

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.