

Invest Time in Your Kids

January 2010

Parenting *Rules!*

Family Time is *Important* Time....



It's true what they say; time really does fly. Before you know it your kids will be all grown up and out on their own. Take time today to be an active part of their lives!

With today's busy lifestyles, it has become harder for parents to spend time with their children. However, the effort to spend time and bond with your kids results in rewards that will last a life time.

Research has shown that children whose parents spend time with them:

- Do better in school
- Have healthier eating habits
- Avoid drugs and alcohol
- Have good self-esteem
- Have more successful relationships

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Make Family Time a Priority....

Soccer practice, dance class, long work hours, household chores.....

Where **does** a family find the time to relax and have fun together?

By rethinking your over-scheduled life, you can find opportunities to reconnect with and enjoy your family.

Here are some ways you can make the most of the time you have with your kids:

➤ **Schedule dinner together at least 3 times a week!**

Use this time to find out what's happening in their lives.

➤ **Don't over-schedule your family!**

Spending time as a family is much more important to your child's development than participating in every sport and activity.

➤ **Turn off the television!**

Play cards, a game or do a craft that will encourage the family to communicate and interact.

➤ **Create a bedtime ritual!**

Use bedtime to cuddle with your kids and hear about their day.

➤ **Make homework a family event!** Sit at the table together and be available to help them if they get stuck.



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Quality Time....

What exactly is quality time?

Quality time is the moments when you have meaningful interactions with your kids. Just watching them play and watching television together does not count as quality time.

Spending time interacting and doing activities will strengthen your bond with your child and will nurture their development. Spending time together provides positive experiences.

That is quality time.

Here are some suggestions for meaningful interactions with your kids:

- ✓ Read to your children and then question them about the story.
- ✓ Play card or board games together.
- ✓ Play together with play-dough or color in coloring books.
- ✓ Go outdoors and have some fun with your kids.
- ✓ Cuddle your kids and tell them how much you love them.
- ✓ Take them to a museum.
- ✓ Help them with homework.
- ✓ Bake cookies together.
- ✓ Sit down at their level and play.
- ✓ Talk a walk as a family.
- ✓ Put on some music and dance with them.

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Resources for Families....

Family Day

633 Third Avenue, 19th floor New York, NY 10017-6706
(212) 841-5200 <http://casafamilyday.org>

Audubon Society of RI

Audubon Society of RI Headquarters
12 Sanderson Road Smithfield, RI 02917
(401) 949-5454 www.asri.org

Rhode Island Parks

2321 Hartford Ave, Johnston, RI 02919-1719
(401) 222-2632 www.riparks.com

Providence Public Library

150 Empire Street • Providence, RI 02903
(401) 455-8000 www.provlib.org

Providence Children's Museum

100 South St., Providence RI, 02903
(401) 273-5437 www.childrenmuseum.org

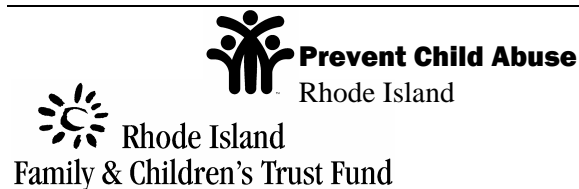
SAMHSA Family Guide

1 Choke Cherry Road Rockville, MD 20857
(240) 276-2548 <http://family.samhsa.gov>

Make Meal Time Family Time

620 N Craycroft Rd Tucson, AZ 85711
(520) 570-1461 www.makemealtimefamilytime.com

ABOUT PARENTING RULES! E-NEWS...



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Please share this information with the families in your programs. Thank you!