

**Family First!**

May 2007

# Parenting *Rules!*

**Invest time in your family**

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**Family time  
is  
important 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

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### Where do you find the time?

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With today's busy lifestyles, it has become harder for parents to spend time with their children.

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

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

### *Make family time a priority!*

By rethinking our over-scheduled lives, we can find opportunities to reconnect with and enjoy our family.

Here are some ways you can find more time and 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 each other's 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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### Cool Activities for families

#### Audubon Society of RI

Audubon Society of RI Headquarters  
12 Sanderson Road Smithfield, RI 02917  
Phone: (401) 949-5454 Web site: [www.asri.org](http://www.asri.org)

**Take the family for a walk at one of the Audubon Society's wildlife refuges.**

#### Rhode Island Parks

2321 Hartford Ave, Johnston, RI 02919-1719  
Phone: 401 222-2632 Web site: [www.riparks.com](http://www.riparks.com)

**It's a beautiful day for a family picnic!**

#### RI School of Design

224 Benefit Street, Providence, RI 02903  
Phone: 401 454-6500 Web site: [www.risd.edu](http://www.risd.edu)

**Free-for- all-Saturdays offers fun for the whole family.**

#### Providence Public Library

150 Empire Street • Providence, RI 02903 •  
Phone: (401) 455-8000 Web site: [www.provlib.org](http://www.provlib.org)

**Cradle to Crayons: A program for children ages 1-3 and their parents or caregivers.**

#### Providence Children's Museum

100 South St., Providence RI, 02903  
Phone: (401) 273-5437 Web site: [www.childrenmuseum.org](http://www.childrenmuseum.org)

**Free after 5 PM every third Friday of the month**



### About Parenting Rules! Enews



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Rhode Island

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**Please distribute this newsletter to the families in your programs.**