

Value Every Kid....Ideas for Parents

“There is nothing like staying home for real comfort.”
—Jane Austen

Life isn't always easy to navigate. **Work, school, activities, people, and other things can at times pull family members apart rather than bring them together.**

Family day is a good opportunity to think about how you can spend more meaningful time at home with your family. **Here are some tips to improve your family time at home:**

- Spend time at the table. It's an old idea but a good one: a great way for families to be at home together is to gather around the table for a meal.
- Turn off the TV/screens and watch how much time you'll suddenly discover.
- Choose an activity that the family can do for fun and recreation at home each week.
 - Cook dinner together, each family member preparing a dish.
 - Have a family snowball, leaf, or soap suds fight.
 - Camp inside. Set up a tent or just pile sleeping bags on the living room floor.
 - Have a family breakfast in the sleepest member's bed.
 - Listen to the music that each family member likes and learn something about the performer.
 - Read a book together.
 - Invite your child's friends over and treat them well.
 - Have a family treasure hunt complete with map and clues.
 - Hide fun notes for others to find.
- Communicate in a positive way with your children
 - Watch for hints: A child who hangs around usually wants to talk.
 - Don't contradict what you say by doing the opposite.
 - Listen more than you talk.
 - Be available, be open and be willing to drop what you're doing in order to talk.
 - Talk in the car when you're side by side, rather than face to face.

Spending quality family time together and communicating positively with your children can help raise healthy, caring, responsible children and help build a brighter future.

For more information on what children need to succeed visit: <http://www.search-institute.org/developmental-assets>

Brought to you by VALUE EVERY KID, a partnership of: Girls Inc, Country Roads Community Health Centre, Every Kid in Our Communities of Leeds and Grenville, and The Leeds, Grenville and Lanark District Health Unit.

For more information call the Health ACTION Line at 1-800-660-5853 or 613-345-5685.

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