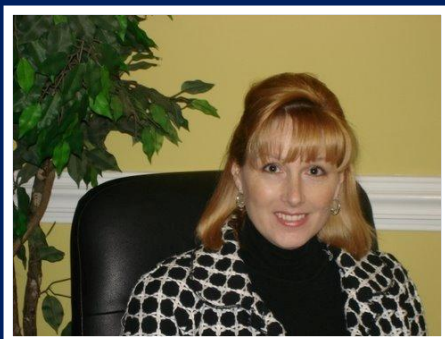




## Rosario Counseling & Associates

### Sweet Ideas for Making Family Time Special

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Family time is a great way to create strong family ties. Frequent family activities forge a shared identity, while togetherness builds closeness and develops relationship stability. Children actually function better in day-to-day life when they feel connected to their family.

**Schedule Regular Family Time** - Coordinate calendars blocking out time to schedule this valuable experience and be sure to protect it. Carving out the time is the key to making it happen.

**Plan the Activity in Advance** - Keep a list of fun ideas that each person in the family contributed, and allow the children in the family to alternate picking an activity. Decide in advance how to spend this special family time. Also, be sure to prepare any supplies you will need ahead of time.

**Play Together** - Families that laugh together share many light-hearted moments that encourage acceptance. Playfulness balances the serious sides of life. Encourage your kids to support each other's activities and endeavors.

**Avoid Plugging In** - Resist the temptation to turn to electronic devices. Instead, come up with creative ideas that encourage creativity, imagination, sharing, community and/or laughter.

**Pray Together** - You have heard the quote "A family that prays together stays together". Sharing a faith not only builds similar values and a core belief system from which discussion can emerge, but also promotes healthy relationships.

**Keep it Simple** - The more complex the project or activity the greater the number of variables that can go wrong. Therefore strive for something simple, easy and fun.

*Sweet ideas for making family time special are simple- the challenge is to follow through, regardless of the age of your children your family can start now! If you remember to keep family as your priority it will help to ensure a happy home.*