

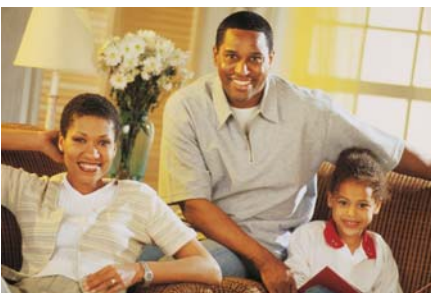
FAMILY RESOURCE

C O N N E C T I O N

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“Quality time is an opportunity for special time together. It helps you stay in touch with your children.”



Tips for Spending Quality Time with Children

Quality time with your children means simply that—setting aside special one-on-one time to spend with them. Quality time involves time, not money. Quality time does not have to cost one cent. Quality time doesn't necessarily mean expensive vacations, activities, and events.

What your child does need from you is loving attention every day. When juggling work, school, activities, and home, sometimes extra effort is needed to map out time for your children. By following these helpful suggestions you should be able to spend time with your child every day, no matter what.

Sit on the floor and give your child your undivided attention. Read to them at bedtime. The dishes, phone calls, and errands can wait. Quality time is an opportunity for special time together. It helps you stay in touch with your children while giving them a chance to:

- Work on verbal skills.
- Talk about everyday things in their life.
- Work on a variety of skills.
- Tell you about any problems.
- Feel as if they are important and a part of the family.

Caution: avoid relying on watching TV or playing on the computer with your children. It may be one-on-one time, but you are pointed at the screen, not at each other. Use these ideas instead:

- Play with their favorite toys.
- Play board or card games.
- Work on puzzles.
- Draw or paint together.

(continued)

Mission

To open “New Horizons” of self-esteem and potential for the little people entrusted to our care, their families, and our employees by providing and continuously improving the best child development on the planet!



- Pretend together: grocery store, school, dance class.
- Listen to music and dance together.
- Prepare a snack or meal together; bake cookies or a cake.

“ Think of special ways to make children feel good, such as listening to them and showing a sincere interest in their activities.”

Think about your own favorite childhood memories of times spent with your parents or grandparents. Did you help your parents fix the car or help in the kitchen? Maybe you read together, took hikes, sang songs in the car, or learned to ride a bike, or to swim. Maybe you played catch, bathed the dog, played in the pool together, or made homemade ice cream. Maybe your parents told you about their childhoods.

These are the good things we remember from childhood, and what your own kids need in return.

Mainly, your children just want to be with you and know you are really listening. And, when your child says, “Watch me!” make sure you are watching. They need you to watch and care. We all could work on sharpening our listening skills. We may ask the right questions, but sometimes do not listen to the answers.

“You’re not listening,” works both ways. Both children and parents need to feel heard. Learning the right words and the best way to talk to each other takes time, practice, and consistency. Spending quality time with your children gives you the opportunity to work on these communications skills. To help make your children feel important, look them in the eye so that they know you are really listening.

Talking and listening to your child will:

- Teach your child that it’s safe to come to you with any troubles.
- Help you learn the right words to say to your child during difficult times .
- Allow you to help your child when something is wrong.
- Help your children know you love them no matter what.

So remember these few helpful tips to make the most of the time spent with your children:

- Get down on your children’s level.
- Dance, sing, cuddle, and read.
- Play along with your children and their favorite toys.
- Make your children feel as if they matter to you and are part of your family.
- Think of special ways to make them feel good, such as listening to them and showing a sincere interest in their activities. ♥

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