



Intentional Family Time

by Beverly Weathington, LMSW • MPSI, Community Engagement Coordinator

Why Enjoyable Time With Your Child Is Important

- Demonstrates
 - Value child
 - Think that it's important to set time aside especially for them
 - Enjoy time spent with them
 - Want to create warm and loving memories

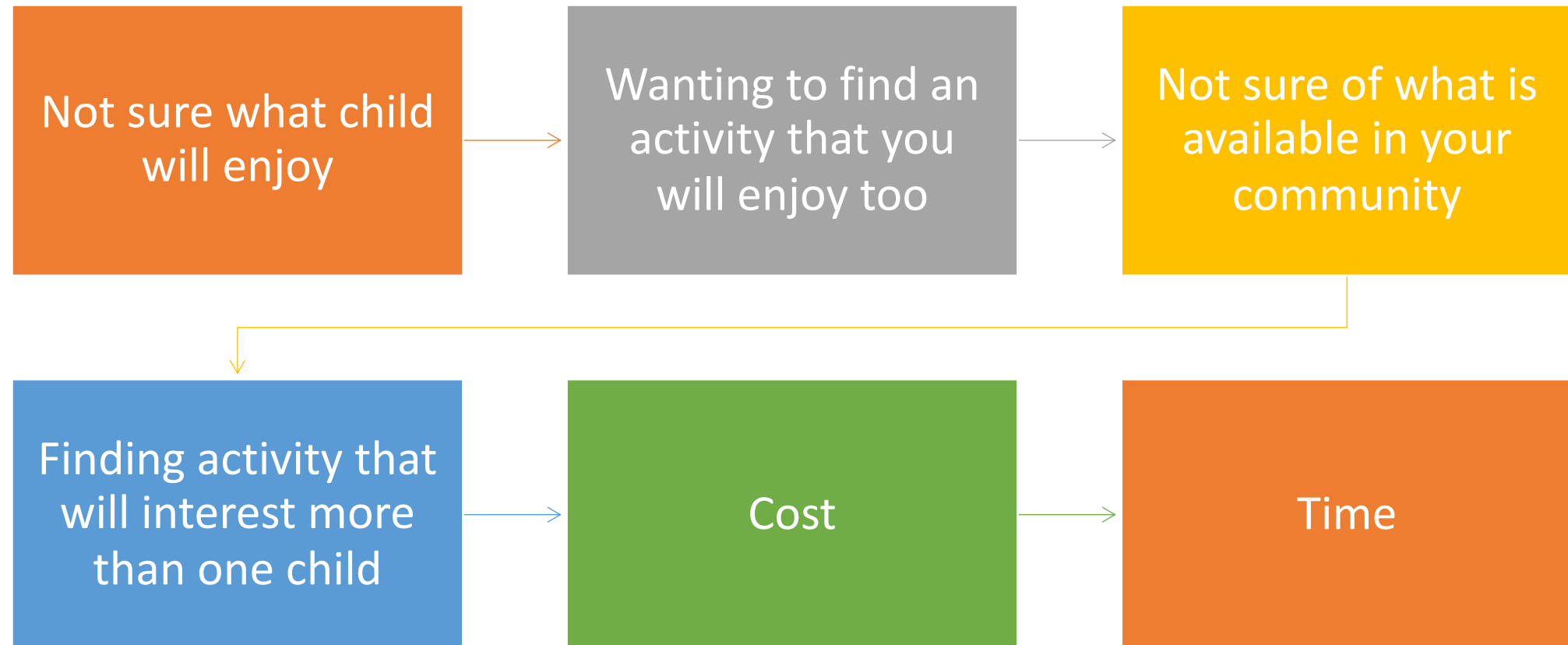


Why Do I Have to Plan It?

- Life too often gets in the way
 - Family obligations
 - Work
 - Daily schedules
 - Home maintenance



What Can Make Planning Challenging?



In Planning Family Fun, Resist the Urge To

- Rely on solitary activity that your child enjoys
- Invite other children over to join in on your planned time with your child
- Concentrate so much on the plan that you forget to enjoy

*Remember that you want to actively engage and enjoy time with your child.





Where to Find Ideas for Family Fun/Activities?

Your child – follow his/her interests

Enhanced daily routines

Your community on-line calendar

Parenting Newsletters

Child's Teacher

Other parents

Keeping it Simple

- Plan family activities that
 - Involve child in planning
 - Are age appropriate
 - Are of interest to your child
 - Other children in family can enjoy with modifications
 - Provide a slight challenge to child
 - Are within your comfort zone
 - Affordable



Bring More Family Time Into Your Routines

- Involve your child in meal planning/prep
- Assign a chore that you can do together
- Schedule times where you use technology together
- Work towards making bedtime less rushed and more of a time to destress and connect



Construct a Mini Outdoor Adventure

- Work with child in planning
 - Camp in your backyard
 - Outdoor scavenger hunt
 - An obstacle course
 - State Fair – complete with stuffed animals, games, silly prizes and ice cream





Engage and Enjoy

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