

Discover ways to build family time into your daily schedule

To reach their full potential in school and in life, kids need frequent, meaningful, undivided attention from parents. But finding quality time to spend together can be challenging.

Here are some ways to build more family time into your busy schedule:

- Turn off the TV. Simply limiting TV time can result in several hours of free time each week.
- Volunteer. If your child is involved in a club, team or other group activity, offer to help out. This is a great opportunity to spend time together.
- Get moving. It's important to squeeze exercise into your routine. Be active as a family—go for walks, play tag or kick a soccer ball.
- Write it on the calendar. Treat family time like an appointment. If you can, schedule some one-on-one activities that appeal to each child.
- Gather for dinner. Sit-down meals help kids and parents connect and can lead to great conversations. Strive to have at least one family meal every day.

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