

# Family Time

## Making Memories that Last

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**F**amily time is sacred. The time we spend with our children when they are young is short. Making each moment count is something you can't put a price on. Finding ways, big or small, to embrace that special time is crucial. Cherish it.



Statistics show that children who have the chance to spend good quality time with their family while young do better in school. Make friends easier, and find success in their careers.

Although families have taken on different dynamics in the last few decades, separate households, single parents, and even grandparents raising kids, children who get to enjoy special moments with their parents or guardians are found to have an overall stronger stability in life.

Anxiety has increased with the breakdowns in childrearing, but for the families who do find that quality time together have children, for the most part, who are more willing to take chances and move forward in life.

There are some simple ways, that don't have to cost a lot to establish this quality.

Some ways you can build quality time with your children can be, but are not limited to;

1. Watching a movie at home. Take the kids to your local dollar store, load them up with their movie goodies and let them choose a movie you can all enjoy with the family. (Keep the electronic

devices away until after, so they don't get distracted)

2. Try packing a picnic lunch, go to the park and play games.

3. Try a games night. Order a pizza or make tacos and then play games as a family.

These are just a few suggestions, but don't let yourself be limited. Be creative! Have a craft night, or baking night, paint a child's room together. However you embrace that time, make it a family project that all can enjoy.

Finding time can be tricky in a busy world, but the quality of a good family night proves to have amazing results with our children. Try making a memory that will last with your kids tonight. The reward you get in return will out-surpass your expectations.

