

MONTHLY PARENTING TIP FROM ACFC

January 2009



Taking Time for Fun

Take advantage of this unique opportunity to learn more about the importance of “taking time for fun” and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit ww.ACFCcares.com and click on the Active Parenting link for more information and to register for the next available class.



Fitting the Pieces of Your Life Together!



The more you enrich your relationship with your children, the more they will allow you to be an influence in their life. An important way to have a positive influence in their lives is “taking time for fun.” In our busy daily schedules it’s easy to overlook taking some time to just have fun with our kids. Try these simple tips and you’ll be surprised at how just taking a few minutes a day to just have fun will enrich your relationship with your children.

- **Reach out to your children.**
If your child is frequently out of control, this may be a way to begin making positive contact. Sometimes they act out just as a way to get attention.
- **Practice “Every day a little play.”**
Play basketball, bake a dessert together, or just roughhouse. Many activities have little or no cost.
- **Find activities you both enjoy.** Ask your child for suggestions and remember to keep it fun! You may be surprised to find they have an interest in art, music or sports.
- **Hold a family meeting to decide what to do as a family.**
Teaching your children the idea of “give and take” is a great way to develop cooperation and decision making. Ask everyone to contribute some ideas for fun activities and make a list.
- **Get to Know Your Teen Better.**
For older kids, ask them to conduct an interview with you about their interests and activities. Ask questions such as, “What do you like about being a teen?”, “What do you like about yourself?” Create about seven questions, and fill out the answers yourself first. Then share your answers with your teen to compare how close (or not so close!) you were. Just knowing that you are interested in their likes and dislikes can show them how much you truly care.

Take advantage of this time to create family memories that your children will cherish forever. They won’t remember how clean the house was as they were growing up, they will remember “taking time for fun.”

