



Monthly Parenting Tip from the ACFC

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Time Together

With so much time being spent on mobile devices, now might be a good time to take inventory of how you and your children are using time at home together to work on belonging, learning, and contributing as a family. Here are a few suggestions to get you started:

- 1. Exercise together.** Whether it's walks in the neighborhood or doing stretches together in the family room, there are lots of ways to develop good exercise habits and teach them to each other. If you need help with ideas, just browse the Internet together for activities and video examples.
- 2. Learn together.** Pick a topic that you are all interested in and research it online, together with younger kids or separately with older ones. Then share your results together with the family. Keep it fun and encouraging.
- 3. Have weekly chore parties.** This is a great time to teach the value of contributing your work for the betterment of the family—otherwise known as “chores.” But add some music and an atmosphere of fun and camaraderie and you'll find that they can be not only satisfying but enjoyable. Be generous with your encouragement and laughter.
- 4. Read together.** Remember reading? It's what they did before TV. Well, good news: It's been rediscovered and kids love it! This is really a great time to curl up with a child and a good book. Make it even better by asking questions and talking about what you've read to help keep their brains in shape.
- 5. Play games together.** Games are an ideal way to bring the whole family together for hours of laughter and fun.
- 6. Create a family art project.** Art, music, video production, sketch comedy, mural, collage, family crest, slide show, mosaic, or any of a million other creative projects can be a great way to bond and enjoy each others' company while creating something you can look back on for years as something good that came out of this time together. (Be sure to make a photo or video of the project, or even a documentary.)

Have family meetings. We've been teaching the value of family meetings through all of our programs for over 35 years. Families that have them on a regular basis love them. Teaching our children the importance of participating in decisions that affect their lives is essential for a thriving democracy. Plus, it cuts down on power struggles and outright rebellions. So, it's time to call the meeting to order.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an “active” parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccaes.com) for more information and to start your Active Parenting journey today.