



# Enjoy Time Together at Home

Do simple activities at home with your child. Giving your time and attention to your child is a gift she will remember for a lifetime.

## **Eat meals together at least once a day.**

- Meal time can be a time to give advice, support and talk about each other's lives.
- Talk about the good things and bad things that happened that day.

## **Time together does not require going somewhere or doing a special activity.**

- Enjoy each other's company at home. Play a board game or work on a puzzle together.
- Doing chores together can be fun. Have your child help fold laundry or dry dishes. See who can fold the fastest or name colors while folding.

## **Family time builds memories and steers values.**

- Talk with your child about what is important to you. Tell him what you liked to do when you were his age.
- Spend time with each child one-on-one. Read out loud or make up a story together with your family as the characters.

