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.