



FAMILY TIME

BUILDING STRONG FAMILY BONDS

Rules for Family Time

- Planned in advance
- Happens once per week, every week (a family tradition)
- Just the family—people who live with you (not friends or other relatives)
- Activities—not “passivities”
 - Activity: Hiking, biking, games, art, cooking, etc.
 - Passivity: Watching TV, on cell phones, reading separate books
- Children choose (you have veto power)
- An activity everyone can enjoy—it's FUN!
- Activity needs to last 1-2 hours
- Can't be expensive
- No complaining, fighting or teasing
- No cell phones, tablets or other distractions