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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

FAMILY TIME

By Rondi Hillstrom Davis

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Word Count: 633

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Family Time

When you pick up any magazine, it's easy to find an abundance of articles to help you organize your life. Most offer tips for cleaning out the closets, shuffling the papers on the desk, finding ways to organize the kid's toys.

But, here's a different twist. We'd like to help you organize your time to find some precious, extra moments to spend with your family.

Many parents are frantic because there doesn't seem to be enough hours in a day to manage their work, home life, and kid's activities. They're frustrated when they see others who seem to do it all. The number one question parents ask us is, "How can I find more quality time to spend with my kids?"

Stay focused on what's really important.

Do you waste valuable time? Clear the clutter in your life. Do you buy lots of toys and gifts to compensate for your lack of family time? What your kids really want is you, not the latest, greatest toy. How much time is wasted cleaning up the clutter? If the junk has taken over, pitch it.

How much time do you spend carpooling? Do you really need to sign your kids up for another after school dance lesson? Is your cell phone off? Or, are you wasting your time on endless phone conversations while running your kids from one activity to another?

Do you eat dinner together as a family? Are phone calls and other interruptions allowed during dinner? Is the television off?

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Let everyone help. Do members of your family share in the household chores and responsibilities? Even the youngest children can help by making their beds, putting away toys, and setting the table. Insist that each task is done before moving on to another activity.

Set small goals and be specific.

Resolutions are made with enthusiasm. But, very often they're forgotten in a month. Making a resolution for the entire year is difficult to keep. Saying that you want to spend more time with your family is too vague. But, promising to spend 1/2 hour each night reading aloud with your children is much more achievable. Start with small goals. They're easier to accomplish.

No one can give you more than 24 hours in a day. But, it's your choice in how you choose to spend

that time. Even an extra 10 minutes a day is a worthwhile goal. Once you see the benefits, you'll be motivated to set additional goals.

Winter Comforts

Now that you've set aside a few extra minutes each week, enjoy some of these winter activities with your family.

Start with dinner as a family. Make a new recipe. Let the kids help in the planning. Be sure to include some of their favorite foods.

Make one night a week Eat Dessert First Night.

Dedicate 30 minutes after dinner to family time.

Buy a new board game, set up an ongoing jigsaw puzzle, read a story aloud together.

Bundle up and go on a family walk.

Make snow angels or build a snowman together.

Schedule one Saturday or Sunday a month as family day. Plan an outing. Try hiking, snowboarding, skating, movies, or a museum.

Take a drive in the country and stop for a cup of hot chocolate before the ride home.

Explore nearby towns or historic landmarks. Arm the kids with cameras.

Start a family project to send to relatives next Christmas. Create a family cookbook or photo album.

Set aside an hour to bake a batch of sugar cookies. Pull out all of the sprinkles and decorations.

Dedicate one day as Pajama Day. Let everyone stay in their PJs for the entire day. Build a fire in the fireplace, read books together, watch movies, play board games.

Enjoy your family and your new found time.

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Strengthening Familial Ties: Have An Annual Family Vacation

By Jeff Usher

Let's face it. One of our greatest fears as parents is the often expected possibility that our kids would forget about us once they embrace independence. They have to move out and establish their own lot in life, eventually. Will they keep in touch? Will they always remember? Will they carry in their hearts the enjoyable memories you once shared? The answer is as clear as the question, if we ponder on in it more deeply. The way they would remember is by giving them a lot of fun memories to nurture. And what better way to make this a reality than by having an annual family vacation as a tradition.

Most importantly, a family vacation would allow you to savor all these things together. That is what a family is all about, after all being together, sharing a bond that neither time nor tide would be able to erode.

And the fact that such a family vacation would be celebrated every year can most possibly define what your family is all about that is, a family which upholds tradition and puts a premium on the ties that bind.

Since you, your spouse and the kids, as well as members of the extended family on occasions, would have a family vacation to plan for each and every year, there will be a lot of opportunities to visit wonderful and unforgettable places. Not only will these experiences spice up your lives, but they would also foster the strengthening of the bond that each family member shares.

Most counselors, as a matter of fact, promote an annual family vacation to keep the said family together. Each member may have his or her own life to live. He or she may have his or her own obligations to fulfill. But for at least once a year, they would all come together to celebrate what a

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family really means mutual love and support.

Indeed, an annual family vacation can easily become a tradition that can be cherished by each and every member of the household. Who knows? Perhaps this tradition can even last forever, and there will come a time when you'd be enjoying a family vacation with your grandkids as well.

Now, isn't that an investment worth making?

Jeff Usher is a normal guy trying to make his way in the world. He writes articles on various topics that may be of interest to a wide audience. More vacation saving tips can be found here:—



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