



## **MAKE THE MOST OF YOUR TIME TOGETHER**

Time is a problem for most families, especially the single parent or when both parents are working. However, some families discover that even though the members are often home, they spend very little of it together. They occupy the same space while watching television, participating individual activities or eating, but there is very little of the interaction between family members that serves to strengthen and enrich their relations and their lives.

Some ways to increase the quality of your time together:

- When it is difficult to be together, write notes of care and support to each other and leave them in special places or make phone calls.
- Make bedtime a special time of day – share the day’s experience, read a continuing story to younger children, and tell family members what you appreciate about them.
- Develop family customs and traditions that have special meaning for all – the way birthdays and holidays are celebrated, special signals of love and care.
- Make mealtimes an important family time – eat together at least twice a week with the television off and other distractions controlled – a good time to discuss values and what’s important.
- Hold a family council – where members can talk about things that are bothering them, make plans to evaluate how family communications are working.
- Give gifts to each other that do not cost money – a note of appreciation, a special job done around the house, a love token.

*Family Service Counseling and Community Resource Center is only a call away. Fees are based upon an adjusted scale according to income and family size.*