

FOR IMMEDIATE RELEASE

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Spending Quality Time with Your Child

Let's face it – life is busy! This is especially true for parents and families. It can often seem like days are passing by in the blink of an eye. Living in this fast-paced environment can leave parents questioning if they are spending enough time with their kids.

The good news is the amount of time parents spend with their kids is not nearly as important as the quality of time spent together. According to the CDC, spending quality time with children doesn't have to be a huge undertaking and can be as simple as spending ten or fifteen minutes together without any distractions each day.

Here are some simple tips for spending quality time with your child:

1. Connect with your child daily. Whether it is some one-on-one time before school or sending them an encouraging text message. Any type of connection with your child is valuable and sticking to a daily routine is reassuring.
2. Spend ten to fifteen minutes of one-on-one time with your child daily. While family time is important, it's also essential for children to occasionally have their parent's undivided attention.
3. Notice the good things your child does and compliment them for it. Any attention you give to your child's behavior makes it more likely to happen again. You will get more of what you pay attention to.
4. Tell your child that you love them every day. When you spend time with your child, tell them how much you enjoyed it.
5. Make and eat meals with your child whenever possible. If you are short on time, prepare simple meals that don't require a lot of preparation or grab a healthy snack together and take the moment to enjoy talking together.
6. Turn off technology when you spend time with your child and give them your full attention. Try putting your phone in do not disturb mode and turn off the television.

Meaningful connections are about quality time, not quantity of time. Keep it simple and connect with your child in ways that fit your everyday life. Spending quality time with your child will have a lasting impact and is a worthwhile investment.

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