

QUICK TIPS

intentions for your family

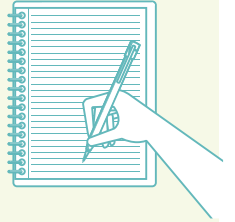
create a weekday routine

Having a routine provides daily predictability and can help your family know what to expect and look forward to



create a family bucket list

Create a list of activities, projects, trips, etc. that your family members want to do. When you are looking for something to do, pull out the list and choose from the bucket list.



talk about gratitude as a family

Each day, encourage your family to share something they are grateful for.



do chores together

Set a timer for 30 minutes, give everyone a list of chores and see how much you can accomplish. Working as a team is a great bonding experience and can make chores more fun.



cook together

Getting your kids involved in the kitchen helps you with meal prep, gives your kids something hands-on to do and encourages kids to eat a wider variety of healthy foods



learn each other's love languages

Understanding your child's love language can be helpful in communicating and connecting with your kids.



try a new activity each month

Seek adventure and learn and grow together as a family. The memories of the experience will last longer than the activity.



focus on one-one-one time

One-on-one time helps to strengthen your connection with your children and helps them feel understood and valued as an individual.

