

Spending Time Together

Three ways you can find time to spend together

"What I really want that money can't buy is to see my mom and dad more." Those words, written by an 11-year-old child, could apply to children everywhere.

But when everyone is constantly on the go, how can parents find more time? Here are three ideas:

1. Create kid-friendly routines. Set aside time each day when you are just with your child. Walk her to the bus stop. Eat breakfast together. Tuck her in at night.
2. Take a vacation day. On one day when your child won't be in school, take a vacation day at work. Do something memorable together. Ride bikes. Visit a museum.
3. Set aside time for fun. Even on busy days, take time to play. Sing a silly song. Play a game of catch outside. Even just 10 minutes can make a big impression.

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