

FAMILY TIME:

A Key to Your Student's Success

Most successful students are reared on a solid foundation of family support. You are your child's first and most influential teacher. With today's busy schedules, finding family time can be a challenge—but the rewards are incredible!



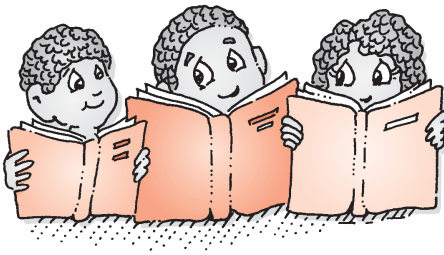
Research shows that spending time with parents helps children succeed. Children need support and guidance from their parents. They need to learn their family's values. Children need to bond with their parents.

That takes more than *quality time*. It takes *lots of time*. But most families today spend less time together than ever before. Some families are defying this trend. They enjoy lots of family time.

How do they do it? They take a hard look at their schedules and make family time a priority. They treat family time as seriously as they would an important business meeting.

Busy families turn down activities that interfere with special family time. They realize that saying *no* means they are saying *yes* to lifelong benefits for their children.

Here's How You Can Make the Most of Time With Your Child



- Have family meals as often as possible. Dinner doesn't work? Try breakfast.
- Pick one night a week and make it family night. Make a meal. Play games. Go to the park or just talk.
- Take your child with you when you run errands. Time in the car is great for uninterrupted conversations.
- Exercise with your child. Take a brisk walk. Talk about what's happening at school.
- Allow a few minutes for a quiet chat as you tuck your child in each night.
- Involve your child in preparing meals. Cooking is great family time.
- Volunteer as a family. Help with a community event.
- Read together as a family. Read aloud to each other. Talk about what you're reading.

Time spent with children is an investment in their future success.

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