



**IF YOU'RE PLAYING,
YOU'VE ALREADY WON.**

Too Busy to Bond? 5 Tips to Put Family Time First

Sports. After-school clubs. Music lessons. Extracurricular activities are important for building well-rounded kids—but too much running around can be stressful for the whole family. If juggling your kids' activities is starting to feel like a circus, it's time to reclaim your calendar with what's most important.

Less Is More

When your child is stressed out, and when you're feeling too much like a chauffeur, it may be time to cut an activity or two. That way, your child can be a kid again, and you can go back to being Mom, rather than Jeeves.

Food Improves the Mood

Take time to eat with your loved ones as often as you can, and you'll notice the benefits include more than just a full stomach. Regular mealtimes lasting as little as that half an hour can help families communicate better and build stronger relationships.

3 Words: Sounds Like Fun

Schedule a Family Game Night on a regular basis, and let the good times roll. The options are endless: charades, board games, even karaoke. There's nothing like watching Mom try to coax her team to guess "mermaid," or listening to Dad belt out Lady Gaga.

Take It Outside

You've successfully made it through another week of school, work, and piano practice. Take time to stretch your legs and get some fresh air with a revitalizing hike or bike ride and help clear the cobwebs for everyone.

When It's OK to Do Nothing

Some of the best interaction between family members takes place when there's absolutely nothing else going on. Be sure to leave some downtime in your family's schedule to help everyone reconnect and unwind.

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