

Dad – Got a Minute? Give It to Your Kid

Kids and parents enjoy spending time together. Finding that time is not always easy. Look for small ways to stay involved with your child – **daily**.

- Read him a book or two. Ask your child to pick his favorite book, and you pick your favorite book.
- Ask her about her day. *“Tell me about your special job at preschool today.”*
- Help him with an assigned chore. *“Dave, I will help you take out the garbage.”* Talk while you work together.
- Leave her a small note if you leave for work before she leaves for school. *“Good luck on the science test.” “I read your report, and it was really good.”*
- Share a brief story about your day: something funny or something you learned.
- Play outside together for 15 minutes.
- Ask him to help you with a project or job. Rake the yard. Shine shoes. Shovel snow.
- Exercise together – walk, run.

Share daily moments with your child – *infant through teen*. Keep these moments alive and special by finding new activities to connect with your children.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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