

Positive Parent-Child Time

Kids need meaningful time with parents. Parents know and want this. However, work, activities and everyday life often prevent family time. At the end of the day, parents feel guilt about the lack of time spent with their children.

Parents want their children to:

- Feel loved.
- Make good choices.
- Have good behavior.
- Build good character and positive values.

Yet, parents often spend their parent-child time arguing or dictating what needs to be done.

How can parents teach these values when they have little time together with their kids? Avoid the worry about number of minutes you spend with each child – quantity verses quality issues. Shift the focus to making each moment together *positive*.

1. **Give your child positive attention when he asks for it.** Take a few minutes to hear him. *Look* at what he wants you to see. Make positive comments.
2. **Turn off the radio, MP3 player and smart phone during car rides and meals.** Talk. Ask questions. Listen.

3. **Do daily chores together.** Wash dishes or fold laundry. Even when you hear complaints, working together makes your child feel loved and needed.
4. **Take your child with you on errands.** Talk. Share ideas and interests. Make time for a special stop of her choice.
5. **Enlist help with making home improvements or repairs.** Your child will appreciate these lessons when he has a home of his own.
6. **Put your child's activities on your calendar.** *Plan to attend.*
7. **Engage in small talk – talking together as you pass one another.** In only 1 or 2 minutes, you make eye contact and catch up on what each other is doing and thinking. Parents have many *small-talk* opportunities a day.

8. **Plan family fun activities.** Together, exercise and play games, indoors and out. Seasonal events make memories.

Parents have a huge influence on their children. *Kids are always watching and listening.* Spending positive time together teaches daily life lessons and strengthens the parent-child bond.



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
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