

The Best Gift You Can Give Your Child is the Gift of Time

The most precious gift you can give your children is the gift of your time. Think of ways you can build in more time to spend with your kids. Here are some ideas:

- **Schedule a regular family** outing. One family goes to a movie on a Saturday afternoon, then stops for pizza on the way home. Another athletic family schedules something active every Sunday. One week, they go for a bike ride. The next week may find everyone inline skating.

What you do isn't important - but consistency is. Write down your family outing on the calendar and treat it as an important event.

- **Find ways for one-on-one** time with each child. It is important to have the whole family together. But, it's also important for each child to get some individual attention.

One mom takes a different child with her as she runs errands. The reward, a stop for ice cream. Another busy dad gets up early on Saturday and makes breakfast for his son.

- **Go to your child's activities.** When you get a schedule of your child's athletic games or dance performances, write them on the calendar. You don't have to go to every game, but you should be there for most of them. Kids love looking in the stands or along the sidelines to see your face.