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# NEWSLETTER

## Spending Time With Family

### It's Time To Unplug

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Nowadays, there are many distractions in our world. Life can feel crazy. We are all trying to juggle work, school, social activities, growing to-do lists and of course cell phones and screen time. In todays world, access to phones, tablets, laptops, and smart TV's is easier than ever. Our lives are lived through multiple screens, each demanding our time and attention, even as we complain that we don't have enough to give. Whether we are posting on social media sites, checking our emails, playing games or watching entertainment - we are glued to our digital devices.

Slowly, we are putting ourselves at risk of becoming more remote from real-life experiences as families, whether that be sharing outdoor adventures, playing games, reading together or simply sitting down to eat at the same time. This newsletter is going to cover some ideas to help us ensure that we are having at least one hour a day available to include real moments of connection with our families.

This summer, lets make it a goal to have more personable, in depth family time.

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# The Importance of Spending Time Together

The benefits of spending time with your family is hard to ignore, which is why it is crucial to make family time a priority. Not only does it have a positive effect on your child's mental health, but it also makes a real difference in their general well-being and academic performance. Below are a few additional benefits to consider.

## Bonding Time

Spending quality time together allows for everyone to bond. Creating memories is valuable for your family. In fact, strong child-parent bonds are only formed through consistent communication and meaningful time spent together.



## It Builds Children's Self-Esteem

Children who participate in activities with their family, build a positive sense of self-worth. When kids feel they are valued, they feel more positive about who they are. Family activities can be as simple as just spending time together - they don't need to be expensive activities to be meaningful.

## To Show Affection, Appreciation & Encouragement

Showing affection to your kids makes all the difference! Studies have shown that teenagers who remember being praised, hugged or kissed often are likely to do better in school than kids who don't have those experiences. Show interest in your family members' lives. Praise your kids often, and tell them the goodness you have noticed with them.

## Happiness

A lot of who we are was developed from when we were kids. Developing a sense of belonging as a child is a huge benefit

and can lead to happier kids. Family time allows for our kids to learn that they are cared and needed, both elements are important to happiness.

## Less Behavioral Problems

Taking the time to participate in meaningful activities with your kids, reduces behavioral problems. One of the benefits of family time is that kids learn interpersonal skills from the way we treat each other. If you help your children learn to talk through problems when they are younger, they will naturally do the same as they grow older. If your kids know they can come to you with their difficult situations, they will likely act out less and choose better solutions to their problems.

## More Chance of Success

A positive family environment allows the individuals to blossom instead of worry. When life is positive at home, each family member has a chance to grow to their potential and support each other in their growth. Family stability is key to success. Family helps provide kids with a safety net and gives them a reason to push themselves to succeed.

# Fun Activities

TO DO THIS SUMMER!

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- #1** Bake cookies for ice cream sandwiches
- #2** Volunteer
- #3** Make a family yearbook or photo journal
- #4** Have a luau in the backyard
- #5** Make a fort out of cardboard boxes
- #6** Have a picnic
- #7** Stage an A-Z scavenger hunt
- #8** Visit a farmer's market
- #9** Spend time at a local lake
- #10** Make homemade pizza
- #11** Go bike or hike a trail
- #12** Interview a grandparent or an older relative
- #13** Plant a garden
- #14** Make a sidewalk chalk mural
- #15** Make a giant hopscotch or twister game
- #16** Break out your baseball gloves
- #17** Visit an amusement or water park
- #18** Assemble a family cookbook
- #19** Volunteer at an animal adoption organization
- #20** Attend an outdoor festival or concert
- #21** Visit a cave
- #22** Make a giant slip and slide
- #23** Have a game night
- #24** Go camping
- #25** Pick a nearby town to visit for the day

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