



Wings

A Weekly Newsletter for Families

January: Week 3
Family Fun

“If you are not having fun,
it’s not worth it!”
-Tommy Bolin



Though it can be challenging to find time to connect regularly as a family in today’s fast-paced world, doing so is important. The more time you spend together, the better chance you have of sharing quality experiences. Eating meals together, talking about the events of the day, sharing joys and defeats, doing household chores together and spending some evenings baking cookies and watching movies are examples of shared activities.

But how much time should families spend together? This will vary from family to family. Families with small children usually spend the most time together because infants and toddlers need a great deal of physical care and guidance. Families with teenagers may spend less time together because teens naturally want to spend more time with their friends.

However, healthy families keep a good balance between “too much” and “not enough” time together. They spend enough time to satisfy all family members. Children learn to bring balance to their lives when they see their parents setting aside time for what they value most, FAMILY!

•• INFANT Inspiration

Quick Response Time to Build Trust - Believe it or Babies need love. This isn’t just touchy-feely advice. Studies show that love, attention and affection in the first years have a direct and measurable impact on a child’s physical, mental and emotional growth. Love and touch actually help your child’s brain grow.

•• PRESCHOOL Power

WOW!!! When spending time together as a family, this is the perfect age to give choices to your child such as reading stories or playing kickball together in the yard; allowing them to decide between board games and Simon says gives them the feeling that you value their input and encourage independence. Foster the relationship by giving choices that are safe and supportive.

How do you show your love? Hug, touch, smile, encourage, listen to and play with your little one whenever you can!



•• TODDLER Tales

We often spend so much time focused on trying to prevent bad behavior; it keeps us from noticing when good behavior happens. But if you make it a habit to point out the good behavior, children are more likely to repeat that behavior. So the next time your toddler puts away the toys or finishes those veggies without a hassle, give plenty of verbal praise—along with a big kiss and hug!

