

Educators, this is a small sample of what you will get when you order this Parent Guide. We know that when you see the scope and value of the information you can receive, you'll want to order the entire Parent Guide. See back page for ordering details.



52

Ways Families Can Spend Time Together

One of a series of Parent Guides from



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Indoor Activities

1 Have a family “Read-In.” Gather your crew in a cozy room. Everyone brings a favorite book or magazine and soaks up some quality reading time. After 30 minutes or so, each family member reads part of his book or magazine aloud to the others.

2 Make a family tree. Spend an evening introducing your child to some of the people who shaped your family. Include information about her grandparents, and any other ancestors you know about. Photos and other memorabilia can make the experience more fun. If you and your family really enjoy this activity, consider pursuing it further with help from a Web site such as www.ancestry.com

3 Rattle some pots and pans. But plan to make more than noise! Cook dinner together, making each family member responsible for one part of the meal. Besides being fun and delicious, cooking reinforces important math skills, such as fractions and measurement.

4 Fire up the popcorn. A family movie night is almost always a hit with everyone. Make it more meaningful later by talking about what you saw. Which characters made good choices? Which made bad ones?

5 It's your turn to be the actors. Play charades. You can allow family members to act out whatever they choose, or you can limit the game to “favorite book characters” or another category. If you have access to a video camera, you can even turn your game into a home movie.

6 Dance to the music. Put on some upbeat music or turn on the radio and get everyone in the family up to dance. Do the hokey pokey or teach your children the electric slide. You'll be getting some great exercise and making wonderful memories.

7 Show your artistic side. Encourage each family member to unveil his hidden artist. Get out the paper, crayons, paint, markers, whatever art supplies you have. Then get to work making your own creations. Or, tape several pieces of paper together and make one large picture that each member contributes to.

8 Roll some dice—the kind that come with board games. Family game nights foster togetherness, cooperation, taking turns, reading skills, math skills, and reasoning skills. Everyone is a winner!

9 Tell your life story. Children almost always love to hear stories about when their parents were young—as long as the stories don't turn into an opportunity for parents to preach! Instead, pick a story about a time you did something funny, or silly, or maybe even thoughtless. Show your child that you once felt the same things she is feeling now.

10 Go on a hunt—for odds and ends around the house. A family scavenger hunt takes a few minutes of preparation, but can be done easily using things you have on hand. No need to hide objects—just give family members a list of things in certain categories. Example: Find something purple, something made of wool, something shaped like a triangle, something that is part of a set, and something that is good to eat.

11 Organize family photos. Gather up all—or some—of your unfiled family photos and organize them into albums. As you do this, you'll likely be reminded of some wonderful family times. It's also a great way for children to practice sorting and classifying as they search for pictures with common themes.

“Children
spell ‘love’ ...
T-I-M-E.”

—Dr. Anthony P.
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Other Parent Guides Available From The Parent Institute®

Educators,

Like the other 24 titles, this Parent Guide is a concise summary of the latest and best information on this topic as you help parents help their children to succeed in school and life. The topics were chosen based on the most frequently requested learning topics from educators and parents. Formatted for the busy parent in mind, they are full of no-nonsense, easy-to-implement, practical ideas that have been proven to work. The complete list of titles is below:

10 Great Ways to Teach Children Responsibility
25 Ways You Can Put the Power of Routines to Work for You and Your Child
52 Great Ways Families Can Spend Time Together
Developmental Milestones for Preschool Children—Is My Child on Track?
Preparing Your Child for Reading Success—Birth to Age Five
How to Choose the Best Preschool or Day Care for Your Child
Common Discipline Problems of Preschoolers and How to Solve Them
37 Experiences Every Child Should Have Before Starting School
Getting Your Child Ready for Kindergarten
The Road to Reading Success—Elementary School Years
Common Discipline Problems of Elementary Schoolers and How to Solve Them
31 Alternatives to TV and Video Games for Your Elementary School Child
Give Your Child the Edge: 10 Teachers' Learning Secrets Parents Can Use
How to Help Children Do Their Best on Tests
Helping Children Get Organized for Homework and Schoolwork
Help Your Child Develop Good Learning Styles
How to Instill the Character Traits of Success in Your Child
Seven Proven Ways to Motivate Children to Do Better in School
Help Your Child Deal With Bullies and Bullying
Help Your Child Deal With Peer Pressure
How to Help Your Struggling Student
Common Discipline Problems of Teenagers and How to Solve Them
What to Do If Your Child Has ADD/ADHD
Common Discipline Problems of Middle School Children and How to Solve Them
Making a Smooth Transition to Middle School

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