

25 IDEAS FOR SPENDING TIME WITH THE KIDS AS A BUSY MOM

- 1) READING TOGETHER FOR 15 MINUTES PER DAY
- 2) DOING HOME EXERCISES TOGETHER FOR 15 TO 30 MINUTES EACH DAY
- 3) HAVING A SIT-DOWN MEAL AT A NICER-THAN-USUAL RESTAURANT ONCE A MONTH
- 4) MAKING BREAKFAST, LUNCH, OR DINNER TOGETHER (BASED ON THEIR ABILITY)
- 5) GOING FOR ICE CREAM, FROZEN YOGURT, OR BOBA DRINKS ONCE A WEEK
- 6) GROCERY SHOPPING ONCE A WEEK
- 7) HAVING A MOVIE NIGHT ONCE A WEEK
- 8) PLANNING A ONCE-A-MONTH "FIELD TRIP," SUCH AS VISITING A MUSEUM, HAVING A PICNIC, OR BOWLING
- 9) ONCE-A-WEEK FAMILY GAME NIGHT
- 10) CLEANING THE HOME TOGETHER (HOUSEHOLD CHORES)
- 11) GARDENING TOGETHER, INCLUDING PLANTING, SEEDING, AND WATERING
- 12) VOLUNTEERING TOGETHER ONCE A MONTH
- 13) PLANNING THE WEEK TOGETHER
- 14) TAKING THE KIDS, ESPECIALLY YOUR DAUGHTERS, TO THE SPA OR SALON WITH YOU
- 15) INCLUDING THE KIDS IN A JOB-RELATED ACTIVITY
- 16) MEAL-PLANNING WEEKLY AS A FAMILY
- 17) HAVING A ONCE-A-WEEK S'MORE-MAKING OR BACKYARD ACTIVITY
- 18) DECORATING FOR THE HOLIDAYS OR THE SEASONS ONCE A MONTH
- 19) ORGANIZING ONE AREA OF THE HOME ONCE A WEEK AS A FAMILY
- 20) VISITING THE LOCAL LIBRARY ONCE A MONTH OR EVERY 2 WEEKS
- 21) HAVING DINNER TOGETHER AS A FAMILY AT LEAST TWICE EACH WEEK AT HOME
- 22) INCORPORATING THE KIDS INTO YOUR HOBBIES
- 23) ENROLLING THEM IN A SPORT OR DANCE ACTIVITY WHILE YOU ARE THERE AS A SPECTATOR
- 24) TAKING A FAMILY TRIP OR VACATION AT LEAST ONCE A YEAR (DEPENDING ON YOUR BUDGET)
- 25) PAYING A SHORT VISIT TO A FAMILY MEMBER OR A FRIEND