



## CREATING FAMILY CONNECTIONS

Fall has officially arrived. Along with the changing season, it may be a challenge to maintain a good balance between work, school, extracurricular activities, and family downtime. Here are a few tips to plan intentional family time.

- **Family meal prep** – With a busy family schedule, meal prep is a sure fire way to ensure dinner is ready every night. You can partially precook large dishes, freeze them, and then throw the dish in the oven to heat and finish cooking the night you need it. [CLICK HERE](#) for freezer meal ideas.
- **Mindfulness in the home** – Mindfulness is a practice in which a person learns to focus on one thing at a time. Learning to live in the moment, and fully participating mentally in every little thing we do. Practicing family mindfulness activities aids in many changes, such as:
  - Mindfulness supports your child’s mental health
  - Enhance focus on ADHD children
  - The implementation of mindfulness assists the children’s ability to pay more attention and develop their concentration.
- **Scheduling family time** – As a family takes time to plan meaningful activities, pick times and mark them on your calendar so they aren’t overshadowed by other last minute conflicts. Some ideas for scheduling family time:
  - 15 minutes each night after dinner
  - Once a month weekend outings
  - One-on-one time with each kid at a set frequency
- **Phone-free zone** – Family time such as meals, and movie night are great times to connect without electronics. Put them in a place where you won’t be tempted, and commit to connecting with the people right in front of you. It might be hard and awkward at first, but we have to remove the barriers before we can experience connection.

[CLICK HERE](#) for Family Mindfulness Activities.

## PARENT RESOURCES

- **Board Game Night** – When everyone gathers around a game, it’s immediately a common denominator. Add a competitive spirit and you’re set up for a fun night of bonding. [CLICK HERE](#) for a list of board games to share with the whole family.
- **Take Turns Sharing a Hobby** – Each member of the family has unique characteristics and passions, whether it is music, art, or sports. Allow this difference to fuel meaningful time together. As each member expresses their interests and hobbies, everyone gets to know one another better, which creates a stronger family bond!
- **Family Yoga** – Yoga can be a family fun activity. It’s a way to be engaged and active, but yoga has other surprising benefits for children. Learn how yoga can help your child. [CLICK HERE](#) for Yoga Apps for the whole family.
- **Fishbowl Questions** – Write some thought-provoking questions on slips of paper, and take turns pulling one out and sharing answers. Some great questions are:
  - “If you could have a “do-over” on anything for today, what would it be?”
  - “If you could only pick one thing to do all day, what would it be?”This is a great way to spark family conversations.
- **Read Out Loud** – Grab a book you’d all be interested in, gather around, and listen and discuss together. Short chapter books like “The Magic Treehouse” or “Boxcar Children” series are great for younger kids, while the older kids can take the lead in selecting things they may be interested in!
- **Once Upon A Month** – Ferst Readers, in partnership with the Boone Family Foundation and United Way of Metropolitan Dallas, presents the our Once Upon a Month literacy initiative. We provide wonderful books to children, birth to five, and useful literacy resources to parents. Materials are mailed out every month in both English and Spanish. The resulting interactions stimulate curiosity, language development and the learning skills needed for kids to succeed in both school and life. For more info, [CLICK HERE](#).



**FREE BOOKS EVERY MONTH FOR  
CHILDREN IN DALLAS COUNTY!**



once upon a month