

# Quality Time Together

Here are a few tips to help you and your children get the quality time together and apart that you deserve.

- **Keep lines of communication open.** Set aside time every day to keep in touch with each child.
- **Divide up household chores.** Displaying charts that show who does what on each day can make chores fun.
- **Plan family activities.** Use activities that are affordable, such as bowling, taking walks, camping, or going to the zoo.
- **Practice good health habits.** Keep yourself healthy by eating a balanced diet, getting enough rest, and exercising regularly. This also sets a good example for your children.
- **Don't neglect your social life.** Spend time with your friends and family. Let your kids know that you love them, but need time with adults too.

