

Families Day

This week the whole country will celebrate United Nations International Day of the Family (Families Day). This day was launched in 1993 to raise awareness of issues facing families and promote the importance of the family unit. The aim is to get as many people as possible in New Zealand to do something special with their family. The theme this year, which is set by United Nations, is 'Fathers and Families – responsibilities and challenges'. A recent Fathers Day poll found that most fathers loved being a dad, and delighted in spending time with their children and watching them grow and learn, though there were issues simply trying to fit everything in to the day. Putting family first was not always possible. Families Day is a great time to make that special effort and put the family first.

So maybe this is the excuse you need to ensure that you spend some time together as a family this weekend. Think of something that you know will be fun for everyone and plan for it to happen. It may be doing something you don't normally do at home together, like playing a game, or perhaps doing something out in the community, like going on a bush walk or bike ride. There are many activities that don't require any financial outlay – just time – which all ages can enjoy together. It might even become so much 'fun' that you decide to continue this on a regular basis. Family Fun nights/times might become a tradition in your family. Come on families – give it a go.

This tip is supplied through funding from SKIP and the Nelson Kindergarten Association.