

Promoting Family Fun

It is important for families in this busy world we live in, to spend some time, at least once a week, being together having some fun. The idea is to set aside one evening a week when all the family is home and you all do something together. It could be that 'Friday Fun Nights' become a family tradition. The way it works is that each week, one member of the family gets to choose what the family is going to do. It may be having a movie night at home, playing a co-operative game, going for a bike ride, or having a picnic at the beach. All inexpensive activities, that promotes togetherness and fun social experiences. Often we get too tied up in our favourite TV programmes, or social life and the children are forgotten. By getting into the routine of having a "Family Fun Night", there is at least one day in the week when all the family are together having some fun. This can begin when you have even younger children, as they enjoy getting some special attention that may not often happen. By allowing them to have the opportunity to choose what is going to happen is showing that we respect all members of the family.

Even if our young, or not so young ones, choose things that we may not want to do, it is important to show them respect and participate in their choice of activity. You need to have an agreement that everyone will take turns at choosing the 'fun activity' and that everyone will participate. This may take you out of your comfort zone but put yourself in their shoes and consider how many times we make our children do things that they don't want to do?

Good luck and have some fun!