

Quality Time Checklist



15 Ways to Gain 15 Extra Minutes *Daily* With Your Kids

Do you wish you had more time to spend with your kids each day? Here are 15 easy ways to squeeze in 15 extra minutes a day.

1

Be an early (or earlier) bird

Yeah, we started here. Why not get up 15 minutes early? Use it with the kids later.

Puzzle it out as a family

Set out a jigsaw puzzle on the kitchen table. Watch your family linger over it!

2

3

Synchronized teeth brushing

You need to brush. They need to brush. Why not together? There's five minutes!

Find your common core

Help your kids with their homework. It's one way to upgrade your together time.

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Be their own personal Uber

Parents feel like taxi drivers but that's time you can spend chatting about stuff.

Make them your sous chef

Instead of letting your kids wait for dinner, enlist them to help—and chat!

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Plan an epic journey

Where should the family go on vacation? Brainstorm with your kids. Make plans.

Walk Your Fish

Caring for the family pet can be a solo chore. Or, it can be fun done together.

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Teach your young padawan

It's never too early to teach your child a skill or hobby. Do 15 minutes each day.

Share the funny papers

Ever read the newspaper comics with your folks when you were young? Try it.

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Let them (backseat) drive

Does your kid tell you where to turn? Take a drive and let him call the shots!

Play the memory game

Looking back can be fun. Ask your child to recall a fond memory, then give one.

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Bake something simple

Kids love sweets. Whip up a pan of brownies together (and lick the bowl!)

A few pages a day ...

A book looks long. But reading it together, 15 minutes a day, it really isn't.

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Help them to count sheep

Do your kids have trouble sleeping? Why not take some extra time to tuck them in?

These tips brought to you by ...

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