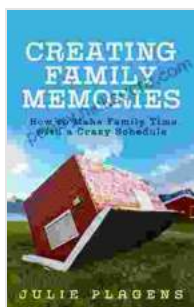


How to Make the Most of Family Time with a Busy Schedule

Spending quality time with family is important, but it can be difficult to make time for it with busy schedules. According to a study by the American Time Use Survey, the average American spends just 37 minutes per day with their family. That's less than an hour! If you're feeling like you're not spending enough time with your family, you're not alone.



Creating Family Memories: How to Make Family Time with a Crazy Schedule by Julie Plagens

★★★★☆ 4 out of 5

Language : English
File size : 367 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 43 pages



The good news is that there are things you can do to make the most of family time, even when you're short on time. Here are a few tips:

1. Make family time a priority.

The first step to making more time for family is to make it a priority. This means scheduling family time into your week and sticking to it. If you don't make family time a priority, it's easy to let it slip away.

2. Be present when you're with your family.

When you're with your family, be present. Put away your phone, turn off the TV, and give your family your full attention. It's important to show your family that you care about them and that they're a priority to you.

3. Make the most of mealtimes.

Mealtimes are a great opportunity to spend time with your family. Take the time to sit down together at the table and eat a meal. Talk about your day, share stories, and laugh together. Mealtimes are a great way to connect with your family and learn about what's going on in their lives.

4. Go on family outings.

Family outings are a great way to bond with your family and create lasting memories. Take a hike, go to the park, or visit a museum. Anything that gets you out of the house and spending time together is a good option.

5. Play games together.

Playing games together is a fun and easy way to spend time with your family. There are games for all ages and interests, so you're sure to find something that everyone will enjoy. Playing games together can help you connect with your family and create lasting memories.

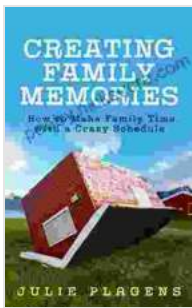
6. Read together.

Reading together is a great way to relax and bond with your family. Choose a book that everyone will enjoy and read aloud together. Reading together can help you connect with your family and learn about their interests.

7. Talk to each other.

The most important thing you can do to make the most of family time is to talk to each other. Ask your family members about their day, share your own experiences, and listen to what they have to say. Talking to each other can help you connect with your family and learn about what's going on in their lives.

Making time for family can be difficult, but it's important. By following these tips, you can make the most of family time, even when you're short on time.



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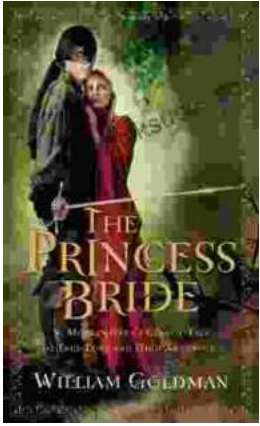
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