

**MAKE TIME FOR  
THEM, NOW.  
SO THEY MAKE  
TIME FOR YOU,  
LATER.**



- **Spend quality time together.** There's probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with them or take a walk with them after dinner.
- **Schedule together time.** Create a "special night" each week to be together and let your kids help decide how to spend the time.
- **Look for ways to connect.** Put a note or something special in your kid's lunchbox.
- **Be there when you're needed.** Be available when your child expresses a desire to talk or participate in family activities.
- **Do things together.** Attend concert, games, and other events together so you get to know more about your child and his or her friends.
- **Don't feel guilty if you're a working parent.** It is the many little things you-making popcorn, playing cards, window shopping that kids will remember.