



HEALTH ASSOCIATES®

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Strengthen Your Family Bond

When we don't spend time with our family, we fail to nurture the relationships that matter most. Even though work and busy schedules may try to get in the way, it's important that you make building better relationships a priority in your household.

Ways to Spend More Time Together

When a busy day bogs you down, it's easy to forget to spend time with those who are most important. However, by initiating simple routines at home, you can make sure that you take substantial time each day to connect with your loved ones:

- Dedicate the first fifteen minutes after you arrive home from work to check in with your children. Share one good thing and one bad thing that happened during your day, and support each other when needed.
- Make notes on a family calendar about when you will spend private time with each child. "Date night" with mom or dad can become the highlight of the child's week.
- Dedicate an hour after dinner or after your children go to sleep to spend time alone with your spouse.



Connect During Family Meetings

It isn't healthy for any family to hold in aggravations or irritations. Instead, make time for a family meeting each week to talk about what's going on within a family. This would be a great time for children to talk about the way they feel about doing a particular chore, or for parents to share the way they feel about their load of housework. Invite both children and your partner to talk about their feelings openly.

Schedule Family Outings and Trips

Sharing activities are a great way for the family to experience time with one another. Plan enjoyable events like going to a park, museum, camping, or a kayaking trip. If your child participates in extracurricular activities, this can also become a great time for everyone in the family to spend time together watching and supporting them. Afterwards, the whole family can go out to eat or grab ice cream to share stories about the event.

Handle an Argument in a Positive Way

If an argument flares up, use the time constructively. Stick to the issue at hand without bringing up past problems. Work on finding a solution to the problem. Instead of bickering over little annoyances, try to give a little and compromise to help the family move forward.

Listen to Differing Perspectives

Listen openly and sincerely to the other person's perspective and then talk about your feelings on the same issues. Tell the other person that you value his or her feelings and want to understand his or her perspective. This will encourage the other person to do the same for you, and help you find a compromise that benefits everyone.

Accept Feelings and Work Toward Solutions

No matter how trivial an issue seems, value the other person's feelings and opinion of it. Listen to feelings and hurts, and then find ways to work through conflict and find solutions. Agree on solutions, and then implement changes.