

EAT TOGETHER

Meal times provide a great chance to connect as a family. Focus on being together and turn off the electronics as they are a massive distraction!

STEP INTO EACH OTHER'S WORLD

Be willing to show an interest in each other's hobbies, even if it is not something you particularly enjoy! For example, if your teen enjoys video games, try playing a game together.

SCHEDULE A FAMILY NIGHT

Whether you choose to play board games once a month or watch a movie once a week, make it a tradition! Family nights are a great way to spend quality time together and provide your child with positive attention.

GET OUTSIDE

Getting outside gets you away from the distractions at home and is a great opportunity to talk privately. When you are moving, it can lead to more natural conversations.

