

14-DAY FAMILY BONDING CHALLENGE



**QUICK YET MEANINGFUL
ACTIVITIES THAT BUILD
HUGE MEMORIES**



Day 1

Initiate a new wake-up routine: Mom or Dad singing, a stuffed animal search, hugs, or send the dog to jump on your child's bed.

Day 3

Ask your children to share one kind thing they did today or plan to do. Offer your plans first.

Day 5

Leave an "I Love You" note in your child's room, backpack, in a schoolbook, or on the kitchen counter for your child to find.

Day 7

Teach your child a card trick or card game, or play one that you both enjoy.

Day 9

Choose a landmark, city or country that interests your child and spend time exploring it via search engines and websites.

Day 11

Watch a sunrise (or sunset) together.

Day 13

Discuss a news event or report. Select topics of interest to your kids: record-breaking sales of a toy, a stellar sports performance, or a scientific discovery.

Day 2

Make dinner special: Put fresh flowers on the table, light candles, and take a moment to express gratitude that you are a family.

Day 4

Eat together unrushed with television off and electronic devices in another room.

Day 6

Sing while she plays, or play while he sings or dances. Joint performances demonstrate your support and can be hilarious.

Day 8

Carve out a special time to tell your child jokes. Laugh at his or hers, too.

Day 10

During drive time or dinner, ask: What would you do if you were mayor of our city? Principal of your school? Owner of a baseball team?

Day 12

Unexpectedly announce and serve "Double desserts!"

Day 14

Ask your children what activity they would like to do again or something new to try. Start a list of suggestions for when you have extra time together.



Adapted from
*Little Things Long Remembered:
Making Your Children Feel Special
Every Day*

More tips: SusanNewmanPhD.com

