

Staying Connected this Fall

Now that school has started, we hardly have any family time. Here are a few ideas to keep connected with your kids.

Plan a **Family Night** once a week, or once a month. Have one family member in charge of the planning; if they have a budget, let them know what it is. This is also a good learning tool about money for the kids to learn.

Day off and nothing planned? Take the school calendar and see what up coming days will be closed. If you can, take the day off from work and do a field trip. Maybe a local outing can also be educational and focus on the current topic.

Make a **family calendar** included with your regular calendar. This Sunday could be Ice Cream Sundae Sunday. Desert First Wednesday or Slumber Saturday. Have a sleep over with your kids in the living room, tell stories, talk, listen find out what is going on with them.

Write a Note: Our family mailbox is a great way to encourage each other and brighten our kids' days. We all get busy and forget how important it is to remind each other how import we are to each other. You can also start a **Parent-Child Journal** instead. You can leave messages about how great they did on the spelling test and tape it inside.

Break for a Snack after a long day at school. Kids need a chance to unwind before diving into their homework and getting ready to rush out the door again. Once they've had a chance to pet the dog and put away their backpacks, gather around the kitchen table and have an after-school Snack break. Get them to tell you about their day, go through the folders to see what projects are due or any upcoming events. Use this time to update your calendar and file those special art projects away.

Create a **family bulletin board**. Keep on top of assignments, when special events are approaching, display monthly art work. The possibilities are unlimited and the bulletin can be designed around what your family needs to keep organized, informed and keep those lines of communication open!

Create lasting memories; Enjoy a nature walk take photos and collect items from your walk. Make a scrapbook together journaling all you and your child did together. Another fun project to do together would be to take all your items you have collected and make a fall wreath or glue a few items on construction paper and put in a picture frame with the date.