Would you like to spend more quality time with your family? Here are some ways to make the most of the opportunities you have:

- **Prioritize routines.** Make family dinner, weekly movie night, or story time before bed a priority. Carve out time for these daily or weekly family rituals as often as you can.

- **Get outside.** Spending time in nature is healthy for everyone. Exploring the world around you will help your children grow and find new interests — and it’s good for adults, too!

- **Communicate.** When talking with your child, try to listen as much as you speak. Use carpooling, walking the dog, or doing the dishes together as opportunities to converse with your child and learn about what is on their mind.

- **Be smart about sibling rivalry.** Kids fight, especially when they are close in age. Teach them ways to work out their problems without shouting or name calling. Be fair about gifts, treats, or special outings, and make sure to spend one-on-one time with each child.

- **Clear the air.** Small disagreements sometimes escalate into big fights between family members. Avoid family feuds by talking through conflicts and finding common ground. Own your mistakes and apologize if you have been disrespectful or hurt someone’s feelings.

- **Avoid tough subjects on holidays.** Be smart about what subjects you choose to discuss at large family events. This may not be the right time to share opinions on politics or other sensitive topics.

**Create found family.** “Found family” can be as or even more important to you than a relative. Nurture connections with people who care about you and support your dreams.

LifeMatters can help you determine how to make the most of family time. Call anytime.