

Family Time equals a Better Lifetime!

Tried and true methods for boosting family interaction.

It's true. This simple change can improve family bonding. You have the power to enforce it and help your children grow to their potential. What exactly is it? Before I share it with you, I'd like to remind you about the documented benefits of quality family time.

- Higher academic performance. - Children who spend time together with their parents on average earn better grades than peers who did not.
- Less Likely To Engage In Violence – Youths who have relationships with their parents are 18% less likely to commit an act of violence than others.
- Reduced Emotional Distress – Teens whose parents engage in activities with them are less likely to experience emotional distress than teens without this time.
- Great Emotional Bonding – Families that spend time in leisure activities often have stronger emotional bonds toward one another.

So how can you increase your family time?

One popular option is family game night. It might sound too simple or easy - but the lasting impacts have been proven over and over again. Not only does this add the benefits you just reviewed, but playing games also teaches your children important social skills. Sharing, taking turns, how to be a good winner or loser and patience are just a few.

For a successful game night it is important that guidelines are established and enforced – no interruptions (that means cell phones, PDAs, iPods or TV!) should be permitted. In fact, it is a good idea to turn off all these toys. Consistency helps, whether one night a week or one night a month, routine planning will keep schedules free and clear for the excitement of family night! Now you just need to find fun games everyone can play.

One option is Word FRENZY.

If you have played 'spoons' before you know how fun it can be. Now I want you to picture combining the excitement of spoons with the challenge of scrabble mixed together with musical chairs – talk about family fun!

To start, a category is chosen from the list and each player is dealt 5 cards. Players begin passing cards to the person on the left as they try to spell a word relating to the chosen category. They must also keep an eye on the FRENZY Prizes in the middle – as soon as the first one is taken, they must frantically try to grab a remaining prize. The player that did not get a prize receives a letter in the prize score on their scorecard. Once someone has spelt FRENZY the game is over and points are tallied up to determine the winner.

Word FRENZY is easy to play – you can get started and play the first round in less than six minutes. Game night is a fun way for families to increase time together and boost the life-long benefits of those interactions. New and innovative games are a great asset to keep family game night fresh on the calendar. Word FRENZY is one sure way to make your game nights more enjoyable at the cost of less than one family dinner.