

Give Your Child The Gift of Time

You are the most important person in your child's life, and to become a well-disciplined person, she needs your love, your support, your example and your time. Spending time with your child doesn't mean going on special outings, although those are a nice treat. It means including her in your life. Here are some simple ideas:

- **Make an appointment.** If the demands of your day let time slip away, then schedule time with your child! Block out an hour every evening for a family meal or relaxation time.
- **Do chores as a family.** Have your child work alongside you and you will accomplish several things: You'll teach your child responsibility, you'll gain an extra hand and you'll complete meaningful work—together.
- **Enjoy "downtime" together.** Listen to music your child enjoys. Watch a movie or TV show together. Your child will appreciate your interest. This also provides opportunity for conversation. Ask your child to explain why she likes her favorite show or music.



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