

If your child's love language is quality time...

Here are a few more ideas especially for parents. Pick and choose among them to try something new you think your child will appreciate.

- Instead of spending time with your child after your errands, include your child in your daily activities such as laundry, grocery shopping, or washing dishes. Though it may take longer, the time together will make up for the inconvenience.
- Stop what you are doing to make eye contact with your child as they tell you something important.
- Cook something together for a snack, such as cookies or brownies.
- Find silly things to laugh about and laugh a lot about them.
- Give older children single-use cameras to record meaningful occasions.
- When a younger child is showing you something, crouch down to their eye level, or gather them into your arms.
- Have your child tell you of places they would like to go and why. Then surprise them occasionally by letting them choose one or arranging it for them ahead of time.
- Make a snack for yourself when you make one for your child. Then talk about their day together as you eat.
- Turn off your television show to watch your child's favorite show with them.
- Go to the toy store and play with some fun toys with no intention of buying anything.
- If you have more than one child, arrange for care of the others and take your child out to a quick breakfast before school or for a milkshake after school.
- Ask very specific questions about your child's day that do not have a yes or no answer.
- When taking your younger children to a park or playground, spend the time actually playing with them instead of watching from the park bench. Pushing your daughter on the swing or

riding the slide with your son creates lifelong memories and communicates love.

- Instead of television, focus on arts such as singing together or finger painting.
- Schedule a specific "date time" with each of your children individually. Write it in your planner and don't allow other priorities to take its place.
- Surprise your child with tickets or a trip to a special place. A camping trip, basketball game, or trip to the mall can build lifelong memories. Add pictures of the event to further strengthen this surprise.
- If possible, take your child to your workplace one day. Introduce your child to your coworkers and take your child to lunch with you.
- Create "traditions" with your child of a certain place you regularly go, perhaps to eat ice cream or to play at a particular park.
- Set aside a special place in the house where you go to play. A walk-in closet can serve as a "castle," while a place in the garage can serve as your "workshop."
- Have a campout together, even if it is simply a tent in your yard. Include flashlights and special camp foods to make the event complete.
- Focus family vacations to include significant time being together versus a trip focused on divided parent and child activities.
- Occasionally take family walks or bike rides together. Seek opportunities to spend time together that also include exercise.
- Share more meals together as a family. Many families eat very few meals together or eat in front of the television. Make dinnertime a special occasion with lots of talk about the day. Family prayer can also strengthen this time.
- Spend a few extra minutes putting your child to bed at night. Bedtime stories, talking about the day, or praying together at night can each be part of your everyday pattern.

- For older children, spend time doing homework together. This both improves their grades and creates additional quality time.
- Plant something together. For those with outdoor oriented children, time together in a flower garden, planting summer vegetables, or landscaping the yard can create lifelong positive memories.
- Make photo albums together, either in a book or on your computer. Talk together about the memories you shared in the process.
- On a rainy day, open up a photo album that has pictures of your child's earlier life. Sit together and talk about the fun and emotion of the events in the pictures.