

Quality Time Top Tips:

1. Take a flask of tea and a sandwich and make the smallest trip into a picnic.
2. Have 'children's activity time', when your child/children choose what they would like the family to do (i.e. play a board game, baking, a visit to the park)
3. Collect all of your family's 'wishes' for things to do into a jar – these could be anything from indoor skiing to a trip to the park. Pick one at random as your family activity!
4. Make a scrapbook of all the things you have done together as a family – this could be themed, for example by holiday.
5. Make walks more fun by making up adventures to get them interested – searching for pirate ships and treasure along the beach, or fairy spotting in the woods.
6. Make Sunday evening wrestling time (or bundle time) – fun rough and tumble, and it wears you all out!
7. Switch off the wifi and all devices! Fill the time instead by story-telling, playing a board-game or indoor skittles.
8. Not so nice outside? Have a picnic in the house! Invite the grandparents too and play games afterwards.
9. Build a den in your woods or garden and eat a meal in there – or hide out and wait to see what wildlife you can see.
10. Buy an annual pass to your children's favourite local attraction; cost effective and hours of fun for a year!
11. Make the most of seasonal celebrations. Build a sense of anticipation by decorating the house and garden together with family arts and crafts, bake together, research events near you, read stories related to it.

12. Use technology for a game of hide and seek, two members of the family set off 10 minutes before the others and the others use a map and an app to find them.
13. Make a treasure hunt for your children – set the clues on a pre-set walk or cycle then collect stickers for every target found!
14. Long walks together – especially somewhere new!
15. Try going to auctions together – wonderful treasures and some unusual but laugh out loud pieces too.
16. Volunteer together; you could do anything from volunteering from a springtime toad rescue to helping walk your neighbour's dog.
17. Sit down at bedtime and snuggle up to read a book together.
18. Close the curtains, turn up the music, shine some torches, and dance in your own family disco!
19. Try some history – local museums, heritage sites, houses, or other places of interest can provide a great day out.
20. Spend time together sorting through the recycling boxes, you'd be surprised what you can make with the cardboard boxes and a few plastic lids!
21. Geocaching is fun for every member of the family – like a big treasure hunt, it gets you outdoors too.
22. Organise a family walk each week and let each member of the family choose the destination. It can then be a surprise each week as to where the family is going.
23. Cook together; have a special food night such as 'pizza night' or 'taco night' – anything that allows the children to be involved in the preparation!

24. Write short notes and slip them into your child's lunchbox or leave them under their pillow; it will remind them that you're never far away and that they are always in your thoughts!
25. Take up cycling together – keep fit and have fun in the fresh air!
26. Having a family day together doesn't have to be expensive – and the best ones can even be free!
27. Have a themed day to do something together – like Friday night movies or swimming Sundays.
28. Go on an A-Z Treasure Hunt outside. You can adapt the difficulty depending on how old your children are.
29. Play a quiz together!
30. Involve as many generations of your family as you can – the most important thing is making time to talk; and to listen. Love and time make children happy, not money!
31. Build a den in the wood or in the house and, using a tea-light, toast marshmallows.
32. Relax and have fun with your family! Don't always make time together too structured.