

WHAT IS THE 'FAMILY TIME' STEP?

As your child grows, it is so valuable for them to see the Family Unit so they can start to sense a support network.

Two years old is a great time to establish fun family times in your schedule to encourage communication, laughter and faith in the home.

It is important to have a consistent routine of creating intentional moments that will help your family deepen relationships and have faith

discussions. Regularly scheduled family time activities are a great way to make that happen.

For some families, this might be a night of the week after dinner. For another family, it might be after Saturday morning breakfast. Decide what works for your schedule and then protect that time. You might need to say "no" to some good things to make 'family time' a priority. We recommend scheduling this experience weekly, but no less than twice per month.



RESOURCES

- **Just Add Family**
by Kurt and Olivia Bruner
- **Big Book of Questions and Answers series**
by Sinclair B. Ferguson
- **Fun Filled Parenting**
by Silvana Clark



THE COMMITMENT OF THE PARENT

Your child is more likely to embrace your beliefs and values if they enjoy time with you. That's why fun family times provide great opportunity for effective faith formation. Avoid becoming overly serious, rigid or stressed while leading family times. It's okay for your child to be silly, and it's important to fill your home with laughter.

SOME IDEAS FOR YOUR FAMILY TIME:

1. **Family Scripture** – Pick a scripture verse that you can memorise and say together. Make up, or play, some fun games to learn the verse.
2. **Movie night** – Discuss a movie that is age appropriate for your child. Make some

popcorn and watch the film together. Afterwards have a 'faith talk' about the choices of characters and other aspects of the story that catch your attention.

3. **Cook a meal together** – use the time for sharing and talking. Take time to ask each member of the family to share his or her 'highlight' and 'opportunity' of the day.
4. **Games** – Play simple games with your child, or children, as there can be teaching moments for kids of all ages.
5. **Day out** – Look to regularly have days out as a family. Days out could include trips to the park, beach or another favourite place.



THE COMMITMENT OF THE CHURCH

A great way to stay connected through this time is to join a family connect group or be part of family fun Kids Events on a Sunday from time to time.