

# What's

# Quality time?

**Quality time** is the moment when we focus on each other and we do something we enjoy without distractions.

- It helps children's **self-esteem**
- It can strengthen **family bonds**
- It encourages **positive behaviour** and **communication**



## How to spend quality time together

Quality time in the family is how you share your time together and actively making time to do so. Here are some useful tips:

- **Find a time in the day** when you have 10 minutes to an hour or more. Turn off or put aside electronic devices and avoid a time when you have other tasks to do
- **Go with your child's lead**
- Use the time as an **opportunity to talk** to your child

### Children from 0 to 5

Prepare a **healthy picnic together** and bring along some teddy bears or your child's favourite toy to enjoy eating together outside



### Children from 6 to 11

Make a **family tree** with pictures of important people in your lives and talk about relationships



### Teens from 11 to 15

Watch something with your child that they enjoy and notice **what their interests are**, for example, TikTok or computer games



### Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

