

# INTENTIONAL FAMILY FUN

Step One to Building Strong Relationships



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Is having fun as a family  
really that important?



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86% of the time spent with children  
is negative, one-way communication.

—Dr. Glenn Latham



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## 8 to 1 Ratio



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“We want to create positive relationships because it increases the amount of time that we spend with our children, and the children aren't looking for excuses or reasons not to be with us. In fact, just the opposite happens. Children with whom we have great relationships just tend to hang around all the time. And the more hanging around that takes place, the more learning takes place, as well. It's just one of the natural outgrowths of these good relationships.”

—Dr. Richard West

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“You can't have a good relationship without investing the time, because there isn't the opportunity for the interactions.”

—Dr. Richard West



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We start looking forward to each day!



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Creating an environment of fun is a great way to keep children wanting to be around you.



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## SIMPLE IDEAS

- Do something fun with each child
- Even a difficult, undesirable task can be fun
- Just chat



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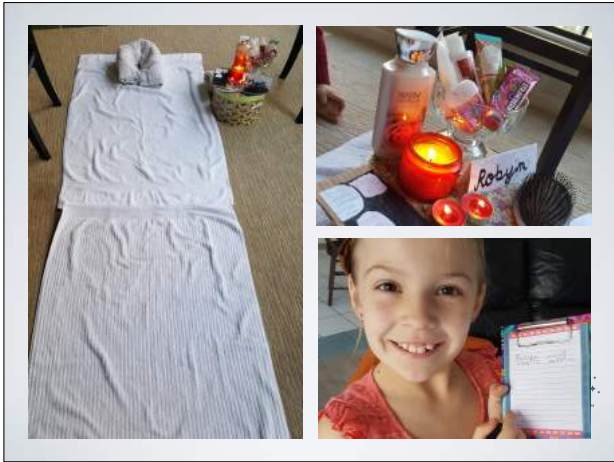
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If we lead out and intentionally add more fun to our family, our kids will be more confident, creative and add their own fun back into the family.



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## Willpower vs. Routine



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How do we intentionally add more fun to our family?

How do we intentionally increase positive interactions with our children?



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## BASIC FAMILY ROUTINES

- Family Dinner
- Chores
- Spouse Date Night
- Individual Time with Kids
- Wake Up
- School Pick Up
- Bedtime



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Where attention flows, energy goes.



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Small and simple adjustments  
lead to GREAT changes.



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Neurons that Fire Together  
Wire Together



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## WHEN YOUR KIDS WALK INTO THE ROOM

- Do your eyes light up?
- Do you make eye contact?
- Do you smile?
- Do you give your full attention?



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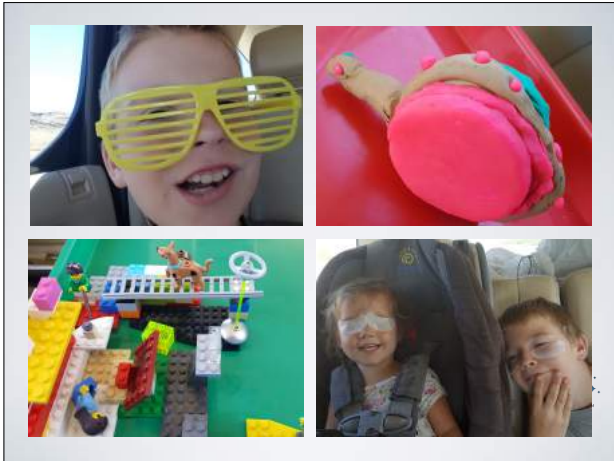
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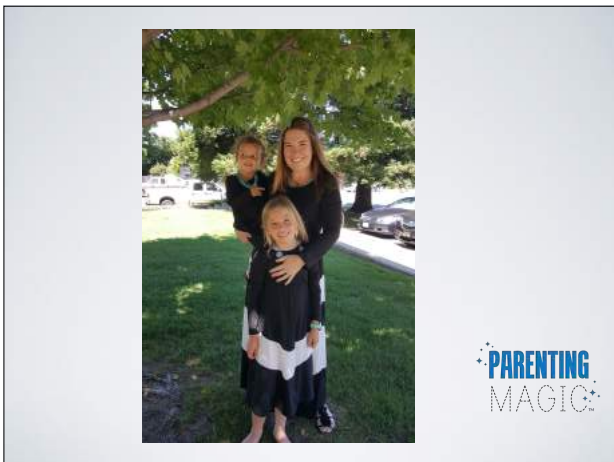
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## WHY I DO WHAT I DO

- Fear!
- Create a positive experience
- We only have a small amount of time together



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## INTENTIONAL FUN

- Everyday Activities
- Chores
- Hobbies
- Note: If you're having fun, your kids are too



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When you leave the house,  
you have less distractions.



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## TIPS FOR SUCCESS

- Planning and preparation is key
- Snacks and lunch
- Games
- Have older kids help



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It's work, but it's worth it!



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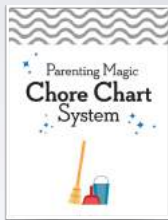
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## CHORE CHART KIT

- Chore Chart Kit Mailed to You
- 45-minute Audio Download
- Detailed Instruction Video
- PDF Copy
- Bonus Material!



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