

Parenting Tips
From
Community Parenting Service
6a Penrith Place
BALGA WA 6061
Phone: 9440 0011
Opening times: Monday to Friday 11am to 3 pm

FAMILY FUN TIME

The whole family can plan and participate in fun activities during the holidays by following these easy steps:

- Set aside approximately one hour with the whole family present.
- Appoint one person as recorder, and ask everyone to identify fun times that they have experienced in the family.
- The recorder writes down *all* contributions even if they weren't fun for everyone. Allow no discussion of the events at this point.
- After listing a number of ideas, look for any patterns, eg outdoor activities, events that included extended family and/or other friends, etc. If you see no patterns, identify the type of activity most enjoyed by most members of the family.
- Decide on whatever limits you need you observe, eg cost, time involved, etc.
- Have each family member select an activity.
- Set dates for the first two events, and plan details regarding who will be responsible for what aspects. Write these down and post in a prominent place.
- Decide on something fun that you can all do RIGHT NOW to end the meeting on a positive note, e.g. play a game, dance to some lively music, go for a bike ride etc.



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.



**Department for
Community Development**