



FAMILY DATES ACTIVITY

One of the best ways family members can strengthen relationships is by spending one-on-one time together. Family dates are an excellent way to provide this special time. Planning a date not only reserves some time so that the activity is likely to take place, but it also gives the family members something to look forward to. Family dates help strengthen relationships within the family.

Materials: Calendar and Pencil

Time Needed: Varies according to Activity

Activity Instructions

As a family, sit down together and plan a date for each child and parent. Do something that both members enjoy and that does not exceed your budget. In two-parent families, parents can take turns going on dates with each child. In single-parent families, the parent can take turns going on dates with each child or children can schedule dates with each other. For example, a big brother can take out his little sister or a big sister could take out her little brother.

After planning these dates, schedule them on a calendar. Once scheduled on the calendar, make sure that these dates maintain a high priority. Only emergencies can interfere with these family appointments. After each child has been on a date with a parent, plan and reschedule more dates.

Spending time together in family activities is a way of strengthening family ties and creating memorable family experiences. To make activities enjoyable for the whole family, it is important to plan them together.

Discussion Questions:

- What would you like to do for another date?
- How hard/easy was it to plan the date that you both wanted to do?
- Did the date make you feel closer to each other?
- What was the best thing about the date?
- Did going on a date together make you feel important in your family?