

10 Ways You Can Get More Involved With Your Kids

by Kerri Krueger | April 2008



There's no doubt that today's parents are more active than they used to be. Between working long hours, running countless errands, and all those other things you have to get done, it's hard to find ample time to stay involved in the lives of your children. Even in today's busy world, it doesn't take much to stay involved. What many parents don't know is that simple things such as reading to children and attending sporting events can have a bigger impact than they may think. Here are some simple ways to get involved with your kids.

10. Show empathy towards your kids. Think about the things they deal with on a daily basis and try not to judge them. Talking with your children will help you understand their feelings, and will also let them know that they can always look to you for help.

9. Visit local museums. It is never too early to instill an interest for history or art in a child. Museums are a great source of interactive knowledge, and by accompanying your child, you will learn more about the subjects that interest them most.

8. Take a personal interest in the hobbies of your children. Learning a new board game or sport along with your child can keep both of you healthy, and will also show that you care and that your child is not the only one interested in the activity.

7. Take a warm weather walk with your kids. Depending on the season, you could make the walk into more of an activity. Search for colorful fall leaves or watch for butterflies in the spring and summer. Walks also present a great opportunity to talk with your children. Ask them about their day at school, a favorite new movie, or perhaps what they would like to do when you return home. The possibilities are endless.

6. Accompany your teen to a performance by his/her favorite musical group. Showing an interest in your children's musical tastes is a great way to show them that you care about what they're listening to. It could also offer another topic for conversation.

5. Establish a daily activity. Decide on something that your kids really enjoy. Whether it's cooking, taking daily walks, watching morning cartoons, or putting a puzzle together, your kids are sure to enjoy this special time that they get to spend with you.
4. Become a kid again. Think of things you enjoyed when you were a child or pay close attention to the things your kids really like. Take them to a hotel or water park for a weekend. Have a tea party or a movie night. Participating in the activities of you children will help them realize that you are like them, just a little bigger!
3. Take note of the current developmental stages of your kids. All children do not develop at the same rates and they are sure to be dealing with different feelings and emotions at different ages. Realize that your kids won't understand everything and learn to be patient with them. If your kids see that you're willing to work with them, they will become more receptive to the idea of asking you for help.
2. Set aside daily time to read to your kids or help them with homework. Be sure to read books that reflect the interests of your children rather than choosing something short to save time. Be patient when helping with homework. Taking the time to help explain certain subjects to your children will help them understand better.
1. Help your children feel good about themselves. If they bring home good report cards, wrap up presents and place them in their bedrooms. There is almost nothing better than waking up to presents! Play their favorite music during dinner, or buy them something they've been wanting for a long time. Rewards will help your kids realize that they've done well and will offer incentive for them to continue to do so.

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