

It's About TIME. Time is a gift we can all give. How will you spend it with your child? These meaningful time tips are suggested by Boys & Girls Clubs of Central Georgia. Select a few that are appropriate for your child's age and give them a try. Add your own ideas – you and your child can make a list of your own!

1. Play an old fashioned board game together. Pick your childhood favorite like Monopoly, Payday, Scrabble.
2. Fix a home cooked meal together. Eat together with no distractions – no phone calls. Talk about your day.
3. Spend some time exercising together – go biking, shoot some hoops, walk, jog or dance.
4. Make a fire escape plan and practice it with your family.
5. Talk to your child about what to do if they get lost.
6. Visit or help with an activity that your child is participating in – sporting events, art or parent-teacher conferences.
7. Check your tv listings and pick an educational show that would interest you both – for example, history, home improvement, gardening. Make plans to watch it together.
8. Take a walk. Play follow-the-leader. Walk backwards. Hold hands while you walk. Ask questions. This is a great way to reconnect.
9. Go to the park and climb on the jungle gym together and play tag. Practice being a kid again yourself.
10. Have a picnic – inside or outside. Let each person pick a food to bring along.
11. Give a hug, look them in the eyes and tell them you love them.
12. The next time you are on a car trip together play the alphabet game using car tags or roadside signs. Each person looks for letters a through z. Compete or make it a team sport.
13. Take a trip to the local library so you can each check out a book. Spend quiet time reading together. Or take turns reading your child's book out loud. They read one night and you read the next.
14. Make a coupon book for special activities that your child can use anytime they need a little time with you. Examples: go to the movies, take a walk, cook, and other simple things you enjoy doing together.
15. Look through old family pictures together. Tell them a few stories from the past as you go.
16. Visit a craft store and pick out a craft project together. There are a variety of kit projects available for all age groups.
17. Go fishing. Take a picnic or snacks and visit while you wait for the fish to bite. See who can have the best fish story when you're done.
18. Plant a garden. Spend time tending the garden and pulling weeds together as your plants grow. Hopefully you'll have some flowers to bring inside or vegetables to eat. No matter how your garden grows you'll have some special time together.
19. Plan it out. Make a plan to spend some uninterrupted time with your children. Put an activity on your calendar and stick to it.
20. Go to the museum. Pretend to be an art critic and talk about what you like and dislike about the items on exhibit.
21. See a play – visit the Grand or one of the great community theaters. Go for dessert afterwards and talk about what you liked about the play.
22. Build a story as a family. Sit in a circle and have one person start with "once upon a time there was a." The next person adds a little more. Go around the circle and see where your story goes.
23. Apologize. Adults make mistakes too. When you've made a mistake – apologize and mean it. They'll respect you and learn from your actions.
24. Have pictures in a box in the bottom of your closet? Organize some of them into a photo album or scrapbook together. Make up captions to describe what was going on in the picture.
25. Do a community service project together. Pick up the trash on your street. Volunteer. Help out or visit a neighbor who doesn't have family in town.
26. Sit outside and watch the world go by. Watch the leaves change color and fall in autumn. Notice trees with and without leaves in the winter. Look at flowers and clouds in the spring. Watch fireflies at dusk in the summer.
27. Make root beer ice cream floats together. Drink them while you talk about their day.
28. Be interested. Take a minute and ask them about their current favorite activity. Find out what they like most about it.
29. Ask them about the best and worst thing that happened to them during the day. Listen to see if they need help with the worst thing and lend a hand if they do.

30. Have a quiet night. Tell them a funny or embarrassing story about your childhood. They can see that funny or embarrassing things happen to everyone.
31. Plan a trip together. Maybe a local or long-distance trip. Children of all ages can participate in different ways. Toddlers can tell you what they'd like to look for on the way. Older children can help decide some trip details.
32. Talk a walk or bike ride on the Ocmulgee Heritage Trail river walk. Notice the cool decorated benches. Sit a while and talk about whatever comes to mind. Watch the river run.
33. Visit Rosehill Cemetery one sunny afternoon. Take some paper and crayons to make rubbings of a grave marker you find interesting. Lie the paper on top of the engraved writing or picture and gently color the paper.
34. If you have more than one child in your life. Make time to spend with each of them one-on-one. It will show them even more that they are special to you individually.
35. Go on a photo shoot. Use your camera or buy a disposable camera. Come up with a plan – take scenery, people, find silly things to do or chronicle your day's adventures. Put them in an album or paste them to construction paper to make your own album.
36. Do you have relatives out of town? You can always write a letter, but how about making them a book? Cut construction paper to fit in the envelope you'll use. Have each family member write a note about what they've been up to recently. Draw pictures, use stickers to decorate, paint, color – be creative with it. Put the pages together, staple into a book form and mail.
37. Visit the Museum of Aviation together. Learn about the history of flight and the role of the air force. Celebrate our country's veterans.
38. Go on a flea market or yard sale trip. See what treasures or funny things you might find. Make it a scavenger hunt. Make a list of a few things to find and see if you can find them all. You don't have to buy a thing.
39. Make a scrapbook of places you or your child would like to visit one day. Find an old map – cut out a few cities, states or continents and paste them individually on blank paper. Go to the library and use books and the internet to find information about the ones you chose. Write some interesting facts under the picture.
40. Visit some of the special museums we have in town – Georgia Music & Sports Halls of Fame, The Tubman, Hay House.
41. Be observant. You can usually tell your child's emotion by their expression and body language. When you notice a change, ask about it – share their joy, help them deal with anger, help find solutions and sometimes just listen. Let them know that you are always there to share or suggest another trusted person they may confide in for help. Keep checking in.
42. Take a trip to Brown's Mount or the Indian Mounds. Walk the nature trails and identify trees and plants. You can find library books to help you identify them.