



Spring Edition

ONE-ON-ONE HANGOUT IDEAS

BECAUSE HANGING OUT IS FUN!

WANT TO KNOW ONE OF THE MOST EFFECTIVE WAYS TO STAY CONNECTED TO YOUR KIDS?

Have fun with them! Check out these seriously fun ideas to get you started...



Toddlers

- **Dance in the living room** to music together. Go ahead and shake it. Your toddler doesn't care (or even know) how good you are! Be SILLY!
- **Go outside** and explore. Make up stories about the treasures you find. The crazier, the better!
- Draw with **sidewalk chalk**. Get messy. Messy is always fun.
- **Blow bubbles**. The more bubbles you can get going at one time, the better. More bubbles = more giggles = more memories.
- **Make a pallet** with blankets and pillows and then cuddle up and read book together. And just looking at the pictures and talking about them totally counts!



Preschool

- **Go to a park** or playground and play hide-n-seek. Running should be involved (stretch first parents...you'll thank us later!)
- **Go get ice cream** or make sundaes at home. (Don't forget the sprinkles!)
- Have a "fancy" dinner or **tea party**. If you're daring, your kiddo can be your sous chef in the kitchen!
- **Go to your local airport** and watch airplanes take off and land. Just a warning – don't go through security to do this. They won't understand.
- **Make a fort** in the living room with cushions and blankets and "camp out." If it's a warm night, go in the backyard.



Elementary

- Let your child pick out a couple of new **board games** and have a game night.
- **Ride bikes** together.
- Try doing an **art project** or craft together. Remember that we're not aiming to be Monet or Picasso – just parents.
- **Make dinner** together.
- Have a good old fashion **pillow fight!**



Middle School

- **Watch YouTube together** (Good Mythical Morning, See Ya Reel Soon, and StampyLongNose are highly recommended.)
- Curl up in the bed and **read together**. And it's okay if you don't talk. This counts as quality time.
- Let your child teach you how to play his favorite **video game**. If you don't "get" the game, don't worry. You're not alone.
- **Go to a concert** and jam out together. (Or scream your head off if you have a girl.)
- Move the furniture and challenge your kid to a **wrestling match**.



High School

- Walk around the mall and **window shop** or set a budget your kid can spend on something "just because."
- Go out to eat at your kid's **favorite restaurant**. Forget the gluten-free diets. The calories are worth every bit of conversation.
- **Get your nails done** and go to Starbucks. (Hey dad, you're missing out if you've never had a pedicure.)
- **Throw the football**, baseball, or try some ultimate Frisbee.
- Put on your **team's colors** and go to a high school, college, or pro game.