

Quality Time as a Family

WHAT DOES "QUALITY TIME" REALLY MEAN? HOW COMMUNICATION, FAMILY ACTIVITIES, BOUNDARIES AND BONDING STRENGTHEN A FAMILY.

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Presented by:

HFC Adult Coordinator &
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Upcoming Parent Series 7pm

- ▶ **8/17: The Importance of Structure to Maintain Security**
 - ▶ Presented by Kelly McLaughlin, LPC, ACS & Emily Hocking, LCSW

STAY TUNED!

What is Quality Time?

- ▶ quality time
- ▶ ['kwälədē tīm]
- ▶ NOUN
- ▶ **quality time** (*noun*)
- ▶ time spent in giving another person one's undivided attention in order to strengthen a relationship, especially with reference to working parents and their child or children.



“I’ve always wanted more family time, so why am I not enjoying it?”

- ▶ Family situation has changed dramatically recently
- ▶ Parents are now spending more time with their children than ever before - involuntarily though.
- ▶ Balancing work, children, schooling, and household work at the same time while also having additional financial or wellness worries.

This family situation is forced!



Why Is Quality Time Important?

- ▶ Strengthens relationships
- ▶ Creates balance
- ▶ Serves as a foundation
- ▶ Promotes development
- ▶ Decreases the chances of behavioral problems
- ▶ Lessens the chances of high risk behaviors
- ▶ Improves chances of success
- ▶ Improves mood



Barriers to Creating Quality Time:

- ▶ Family is not accustomed to having structured family time
- ▶ One or more family members are resistant
- ▶ Overwhelmed with responsibilities
- ▶ Unsure of how to plan/structure
- ▶ Technology



Why Structure is Important & Who Benefits?

Children

- ▶ Structure lets children know what to expect and help them feel safe and secure. This is really important during these times, when children and teenagers might be feeling stressed, worried, frustrated or just bored.
- ▶ If children and teenagers need to do a chore/task, daily structure, can help them successfully accomplish this with less direction and *hopefully* less arguments.
- ▶ Create time for different kinds of activities in your children's day to get a good balance of activities.



Why Structure is Important & Who Benefits?

You!

- ▶ Get through your daily tasks, freeing up time for your children and time for yourself
- ▶ Delegate out household chores in a fair way while everyone is at home
- ▶ Feel like you're doing a good job as a parent
- ▶ Feel more organized and in control, which lowers your stress



Why Structure is Important & Who Benefits?

The Whole Family Relationship!

When families spend quality 'play' time together, it can build and strengthen the family unit which, in turn, may alleviate stress.

- ▶ Family meals can be a great time for you to check in on each other.
- ▶ Younger children: reading a story, coloring, imaginative play time
- ▶ Older children and teenagers: board game, movie, even get involved with their video games

- ▶ *And if you have older children and teenagers, it's important to involve them in discussing and developing your family routine. The more say they have in the routine, the more likely they are to stick with it and get the most out of it.*

Important Factors In Structuring Quality Time

- ▶ Schedule a specific day/time and stick to it
- ▶ Get feedback from the family
- ▶ Include all members in the planning process
- ▶ Identify as a family what the goals are for quality time. Goals should be reasonable and attainable
- ▶ Follow up – get feedback about how each member experienced the quality time
- ▶ During quality time make sure there are no distractions/interruptions
- ▶ Utilize variety to keep things enjoyable and engaging



Making The Most Of Family Time During Physical Distancing

Positive Attention

- ▶ **You can give your children plenty of positive attention, even during brief interactions.**
- ▶ Making eye contact and smiling at your child while talking
- ▶ Showing your child lots of affection – this could be giving hugs, cuddles or saying ‘I love you’
- ▶ Telling your child you’re proud of how they’re handling the situation
- ▶ Praising your child for doing schoolwork or chores
- ▶ Showing interest in what your child has achieved each day

Quality Time

- ▶ **You can turn everyday moments into quality time.**
- ▶ A shared laugh while trying to learn a new tik-tok dance
- ▶ A chat while you’re folding the laundry or preparing dinner with child
- ▶ An afternoon break from work so you and your child can make a snack together
- ▶ Learning and participating in their interests- video games, tv shows, etc.
- ▶ If you can, **plan some regular one-on-one time with each of your children.**

Quality Time Activities

- ▶ Family meeting
- ▶ Game night
- ▶ Movie night
- ▶ Cooking/Baking
- ▶ Outdoor Activity (walk, bike, sports, exercise)
- ▶ Art Activity
- ▶ Create new traditions
- ▶ Themed activity (celebrate your culture with food, music, traditions)
- ▶ Scavenger Hunt
- ▶ Household Projects
- ▶ Learn something new (language, skill, dance)
- ▶ Charades
- ▶ Virtual Parties with family and/or friends



FAMILY
SELF CARE

Quality Time Activities

- ▶ Adapt common games: For example utilize Jenga. For example for every block pulled out and state a positive quality about a family member.
- ▶ Cooking: look up new recipes and task each family member with a role and cook together
- ▶ Staying connected with family and friends: arrange zoom calls. Work with neighbors to arrange a block party (everyone cooks and eats outside)
- ▶ Find a new hobby: painting, crafting, building, gardening, learn a new language, start a book club

Boundaries and Self-Care

- ▶ You may be saying, *"But I'm exhausted and I need some time to myself in quiet!"*
We hear you!
- ▶ You don't need to schedule every part of your day into a family routine.
- ▶ It's also good for you all to have some much needed alone time and time to relax.
- ▶ Recognize that short, scheduled moments in a day are more meaningful for everyone.

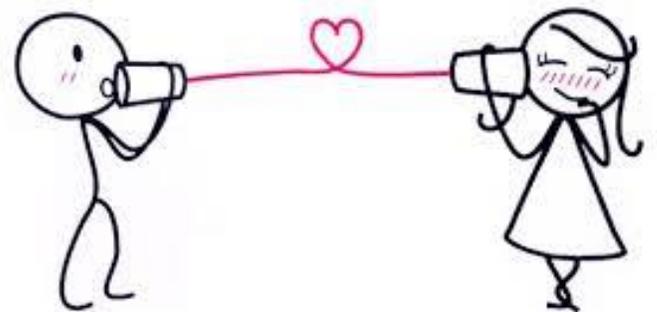


Social Distancing Does Not Mean Social Isolation

Social distancing is hard!

- ▶ Have a virtual lunchtime so your child can see and talk to friends while they're eating.
- ▶ Set up a schedule for phone calls or video chats
- ▶ Allow older children to spend time playing online multiplayer games with their friends. *** **Limits are still important.** *As always, technology use should not push out time needed for needed sleep, physical activity, reading, or family connection. Make a plan about how much time kids can play video games online with friends, and where their devices will charge at night.*
- ▶ Celebrate birthdays and other achievements by calling or video messages.
- ▶ Stay connected the old-fashioned way.

Keep the lines of communication open.



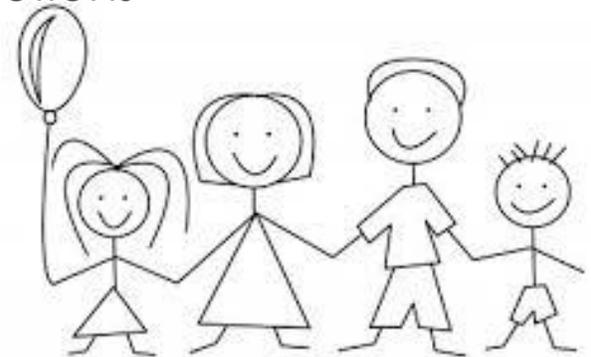
Family Meetings

- ▶ Schedule a day/time for the family to check in
- ▶ Check in to see how everyone is doing/feeling
- ▶ Discuss highlights and lows of the day/week
- ▶ Discuss positive and negative interactions
- ▶ Set goals for the week



How To Communicate During A Check In

- ▶ Agree to make it a safe space
- ▶ Use active listening skills
- ▶ Validate each other's feelings
- ▶ Allow for openness and honesty
- ▶ Focus on positive
- ▶ If there are conflicts disagreements make sure they are stated but solutions for improvement are offered.
- ▶ Find ways to relate to one another



Handling Family Conflict

- ▶ *Arguments between siblings are common occurrences. During a stressful experience like now, it's pretty natural for families to experience more conflict.*

Tips to help prevent your children from fighting and manage family conflict:

- ▶ Set some family rules early on.
- ▶ Praise children when you see them getting along well or working together to sort out a problem.
- ▶ Wait before you step in.
- ▶ Try to get children involved in calmly reflecting on the disagreement, sorting out what should happen next, and discussing how they might be able to avoid a similar conflict in future.
- ▶ **Pick your battles.**

Forgive yourself.

Learning to be an imperfect parent during these times.

You don't need to be Super Hero!



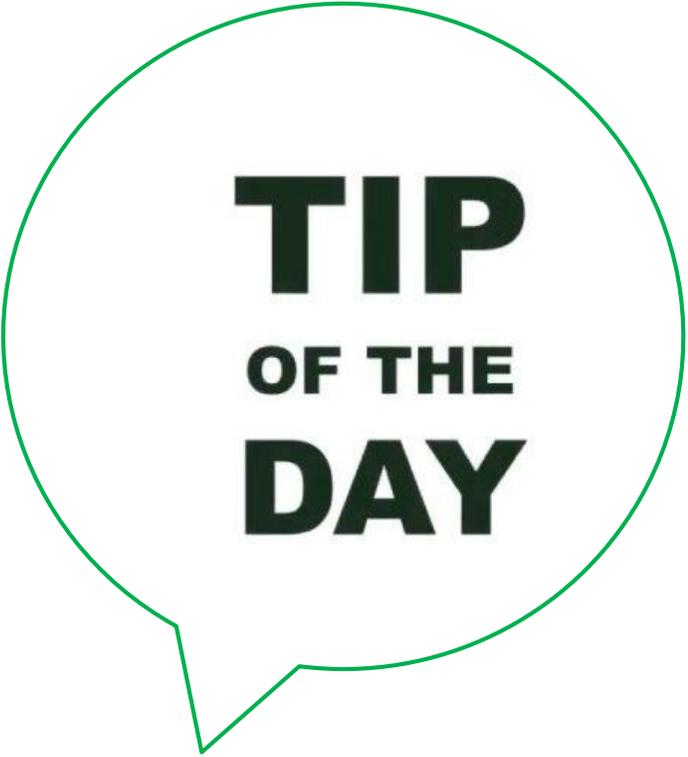
High Focus Centers Blog

Tip of the Day



**HIGH
FOCUS
CENTERS**

- ▶ <https://highfocuscenters.pyramidhealthcarepa.com/about/blog/>
- ▶ Some of our Topics:
 - ▶ Creating a Self-Soothing Kit
 - ▶ Staying Present in the Moment during Quarantine
 - ▶ Tips for Parents of Teens Struggling with Anxiety during Covid-19
 - ▶ Healing Heavy Emotions
 - ▶ Self-Compassion Strategies During Quarantine
 - ▶ Managing Grief and Loss



**TIP
OF THE
DAY**

High Focus Centers

- ▶ All levels of care through telehealth! This platform allows for clinically excellent treatment to be received while reducing risk of exposure to the virus.
- ▶ Compressive treatment for psychiatric disorders and co-occurring for ages 10 and up
- ▶ Partial Hospitalization and Intensive Outpatient Treatment
- ▶ We can have new clients seen for assessments within 48 hours.
- ▶ In-network with all commercial insurance policies



Visit our website: <https://highfocuscenters.pyramidhealthcarepa.com>

Local resources

- ▶ 24/7 National Suicide Prevention Lifeline- 1-800-273-8255
- ▶ 24/7 New Jersey Hope-Line Peer Support/Suicide Prevention- 1-855-654-6735
- ▶ 24/7 Crisis Text Line: Text "TALK" to 741741
- ▶ 2nd FLOOR Youth Helpline (ages 10-24)- 1-888-222-2228 (call, text)
- ▶ Self-Harm Hotline: 1-800-366-8288
- ▶ Trans Lifeline- 1-877-565-8860
- ▶ Rape Crisis Hotline: 1-888-264-7273
- ▶ LGBTQ Hotline: 1-800-246-77433
- ▶ NAMI Hotline: 1-800-950-6264
- ▶ Military and Veterans Crisis Line- 1-800-273 8255
- ▶ Peer Recovery Support Line- 1-877-292-5588
- ▶ Addictions Hotline: 1-800-238-2333
- ▶ Spanish-speaking Lifeline- 1-800-273-8255 Press 2
- ▶ New Jersey Domestic Violence Hotline- 1-800-572-7233
- ▶ Recovery Advocates Hotline- 1-888-360-7788

Questions & Answers



Want more information?

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To schedule an assessment at High Focus Centers, please contact our intake department: 800-877-3628

Visit our website: <https://highfocuscenters.pyramidhealthcarepa.com>