



Family Decision Month Questions

We know that the very foundation of child development is close family relationships. It is a New Year! Is one of your New Year's resolutions to spend more time together as a family? As we peruse activity catalogs and think about what our children and we as parents will be involved in this coming year, we may want to consider some of the following questions:

1. What are the cherished and absolute priorities for our family? Those things that we won't give up. (i.e. family dinners, weekly worship, visits to grandparents, family vacations etc.) How can we keep these cherished times?

FOOD FOR THOUGHT:

Should we put family priorities on the calendar first?

Should we make decisions that won't interfere with these cherished times?

Are there other considerations?

2. What do we wish we had more time to do? (i.e. eat together, visit relatives, play together, vacation, allow more "down time" etc.)

FOOD FOR THOUGHT:

What can we change so this happens?

What are we willing to give up so we have more time together?

3. When we choose activities for ourselves and our children, how will they impact our family time together?

FOOD FOR THOUGHT:

Will we be able to eat family meals at least four times a week?

Will there be time for our family to play together?

Will there be time for each of us to just relax and hang out?

Will we be able to keep our cherished priorities?

4. Are we all doing the things we REALLY want to be doing? Is there something we can change to free up more time for family?

On the back of this page you will find a tool that may help your family make decisions about activities in the coming year. Write down each family member and their involvement in sports, fine arts, lessons, faith community, civic organizations and volunteerism. Take some time to consider how these activities will impact the family in light of your answers to the above four questions. Happy planning!