



10 WAYS TO INCREASE FAMILY TIME



1 Ditch Screen Time for Family Game Night!



2 Go on Evening Walks



3 Prioritize Family Dinners



4 Read Books at Bedtime



5 Make Chores Fun



6 Share your hobbies



7 Find free family outings in your area



8 Teach Your Kids to Cook or Bake



9 Go on a weekend hike



10 Plan family vacations together