

Make Time For Family Time

Description

Fresh air is the best free medicine for most ailments, especially boredom amongst children – and adults alike.

Even with every conceivable bit of technology at their disposal, young people eventually get to the point where they want something different to do, and preferably with a friend, or better still their Mom and Dad!

But parents are inevitably busy people. Paying the household bills means Dad has to be focused on work and his career, and for Mom running a home and general day to day life take up a lot of time. Often this leaves them little time and energy to plan and enjoy quality family time.

So what [outdoor activities](#) can you share with your boys and girls, to get the best out of the time you do have together.

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Plan a bike ride

Everyone can get involved in planning the route for an expedition on your bikes. Be creative and go somewhere different to your usual rides. Have a point of interest that is your go to destination and combine a bit of culture along the way. Make sure you are prepared with protective clothing, helmets and plenty of water and most of all, don't rush it. Try to make it a relaxed family event, rather than something you are fitting into an otherwise busy day.

How about a picnic

Eating outdoors is always a pleasure, and again, the whole family can help to prepare the picnic food. For more choice of destinations further afield, you could take this trip in your car, and why not add a bit of fun by writing down some suggestions, and popping them into a jar.

Mom or Dad can pick one out, and it will be a magical mystery trip!

Taking the trip in your car will mean you can pack plenty of food, games, and blankets to sit on ready for when you stop for your food. Don't forget the family dog too if you have one!

Take something out of a box

Sometimes when you are short on time, but you and the family need to get out in the fresh air and do something impulsive, that requires no planning, taking something out of a box, such as [rc cars](#), and having instant fun can be a good idea and a great distraction for bored youngsters.

Drones are becoming accessible to more people and a great way to view your local area from an entirely different perspective. You could even use the information from your drone to plan those bike rides and picnics.

Everything is more enjoyable when you are doing it with someone else. Children need direction, and simply telling them to "go outside and play" won't be half as inviting than if you took the time to plan an adventure as a whole family.

Every parent knows that scheduling in specific family time can be almost impossible. Demands on your time are never ending. There is always something to do, somewhere to be. Shopping trips, DIY and the general maintenance of a family home often takes precedence over leisure activities. But once you've made the effort, and set a day aside for nothing but family, it will be so rewarding and you will be making fantastic memories to look back on too.

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