



A FREE HANDBOOK

Ways to spend Quality Time with kids

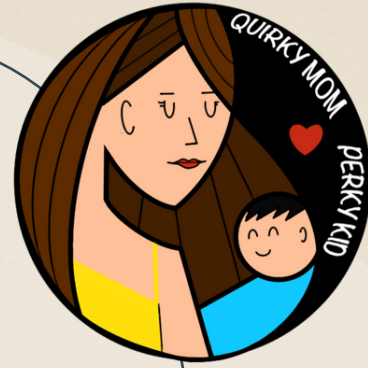
by

Shambhavi Dhanvijay

www.quirkymomperkykid.com



Quality Time

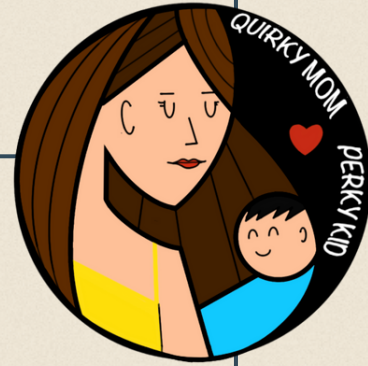


What : There is no need to take out hours to spend quality time with your kid. Quality time is the time that you spend with your kid in a focussed and meaningful way. You pay attention to your kid, have genuine interaction and share experiences with each other.

Why : Spending quality time with your child helps you build strong bond with your kid, bridges the communication gap between you and your kid. It boosts self-esteem of your child and helps with cognitive development of your child. Spending quality time together builds trust in each other and creates lasting memories.

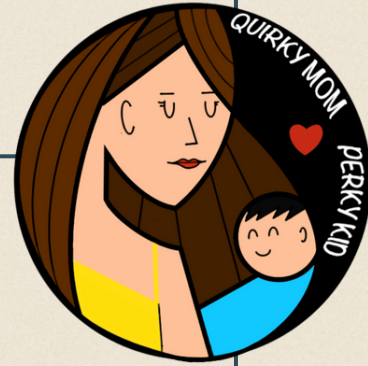


How : Spending quality time with your child doesn't always require elaborate plans or activities. It's about being present, engaged, and creating meaningful connections.



Ways to spend quality time

1. Have One on one conversation – sharing about each other's day or any event from the day
2. Dance randomly anytime of the day
3. Go on a walk – Morning/evening
4. Garden together – could be an everyday activity as in growing plant from a seed, noting progress everyday, watering it and other plants, reading about the right condition for growth
5. Read together – can be done before bedtime or in the evening
6. Play any board game like ludo, quick puzzle or any card game like Uno during evening or after dinner
7. Do a DIY project together – can be school project, décor item for home/room, big puzzle



Ways to spend quality time

8. Involve them in day to day chores – like setting table, planning the food/tiffin menu, stacking utensils etc.
9. Cook together – can be done weekly also like on weekends – chopping cutting, baking together
10. Have meals together
11. Take a class together – learn a new language or art form
12. Unstructured play: Pillow fight, racing, hopscotch, origami, dumb charades, stone paper scissors, tic-tac-toe, Antakshari, Simon says or freeze game
13. Plan for nights like – Game nights, picnic days, movie night (at home) etc.
14. Create a storytelling/ storybuilding session : spin-a-yarn



About Me

Everyone expects us to be a perfect parent but no one has ever taught us how to be a parent. We all have been using trial and error method by taking in advise from anyone and everyone. I have been there and realized that there is more to it.

I am Shambhavi Dhanvijay, a certified parent coach.

I can help you navigate through 'your' challenges of parenthood offering you tailor made solutions for your family.

I help empower parents to build positive relationships with their children, create effective communication, and foster a healthy family environment.

**Reach out to me for booking a free 20 min
one-on-one session**

Contact Number : +91-9766774338

Instagram: [quirkymom_perkykid](#)

Facebook: [QuirkymomPerkykid](#)

