



Work Life Services Newsletter August 2022

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Top 7 Ways for Working Parents to Bond with Their Children

As stay-at-home parents we are fortunate to have plenty of time to interact and develop strong bonds with our children. It can be challenging, however, for the non stay-at-home parent to find the time necessary to achieve this same bonding. With some effort though, it is possible for working parents to spend the quality time necessary to develop strong, life-long bonds with their kids. Here are some of the methods my husband has used to spend quality time with our three sons over the years.

1. Get Involved With Sports

Playing sports benefits children in many ways. Sports can help build self-confidence in kids, promotes physical health and teaches cooperation with other children. For parents, and especially the non-stay-at-home parent, becoming involved in with kids sports leads to important time together. Whether the parent chooses to volunteer to coach little league or the soccer team, or just plays catch in the back yard, spending time together playing sports can be fun and helps promote the parent-child bond.

2. Read to Your Kids

Allowing the non stay-at-home parent to read to the children at bedtime is a great way to promote bonding. My kids loved to have some special time together with their dad when he read to them at night. This doesn't have to take long, either; 10 or 20 minutes of reading a favorite book is enough for most kids.

3. Help With Homework

Another opportunity for the working parent to spend more time with their children is to help the kids with their homework in the evening. My kids really enjoy the individualized time with their dad when he helps them study for a test or helps them proofread a paper.

4. Volunteer at School

While this might be difficult for many people to work into their busy schedules, occasionally helping out at school is another option for non stay-at-home parents to bond with their children. While our kids were still in elementary school, my husband frequently volunteered to chaperone during class field trips. Most field trips were planned well in advance, so my husband was able to arrange for time off from work to chaperone. Our children and my husband enjoyed spending this time together.

5. Do Household Chores Together

Working together around the house is another way that non stay-at-home parents can spend some quality time together with their kids. Even when the kids are very young they can "help" wash the car or pull weeds in the garden.

6. **Enjoy a Hobby Together**

Spending time together working on a hobby is an excellent way for parents and kids to bond. Enjoying a hobby together doesn't have to be complicated or expensive; it can be something as simple as collecting interesting rocks or putting together jigsaw puzzles.

7. **Take a Camping Trip**

Since my boys were infants we have enjoyed family camping trips. We often take them camping two or three times a year. Whether you go hiking or just sit around the campfire telling ghost stories, a camping trip is fairly inexpensive and offers a great opportunity for both parents to spend quality time with the kids.