Spending Time with Family

Studies have found that spending time with family can help reduce stress, anxiety and lead to a healthier lifestyle. And "family" doesn't just mean blood relatives: It can include close friends and neighbours.

Happiness and well-being are impacted by the love, support, and acceptance we get from people around us. Spending time with our families helps us be stronger and shapes who we become. It is one important piece of building a full and meaningful life.

Health Benefits of Family Time

The benefits of family time can include:
- Reduced anxiety and depression through face-to-face time with loved ones.
- Children that spend time with family tend to perform better in school.
- Children receive positive attention for good behaviour and are more likely to ask for help.
- Children's self-confidence is strengthened when they feel valued by others.
- Children learn communication skills and conflict resolution strategies.
- Children develop healthier coping skills through connection.

Be Intentional with Family Time

Make family time part of your routine:
- Go for family walks
- Spend time outdoors
- Have playtime
- Watch movies
- Have a game night
- Attend community events
- Engage in family conversation
- Plan and make meals together
- Read aloud
- Do homework together

Plan family time outside of your routine:

- Go for an overnight trip
- Plan a vacation together
- Check out local attractions like a museum, fair or farmers market
- Attend community family events
- Play together at a family fun place
- Different family members plan an activity or day
- Camp in the backyard or living room
- Share traditions and make new ones

MORE RESOURCES

Visit kidshealth.org

For information on mental health, community supports, programs and services in your area:

Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Alberta Health Services

811 Health Link
Health Advice 24/7

MyHealth.Alberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642