



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

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FAMILY ACTIVITIES

Why is a Strong Family Life Important?

Parents often ask why it's so important for parents to spend working on their family life. After all, they spend time together everyday doing homework, going to sporting events, driving places in the car, and attending school functions, isn't that enough? What's the big deal anyway? Are our children any better off for all the effort it takes? Yes!! And here are the reasons why a strong family life is so important.

A strong family life creates a sense of belonging for parents and children alike, providing security and warmth in an often cool and harsh world. Feeling like you belong is a fundamental human need and when gone unfulfilled in the home, children and parents will look elsewhere to fill the void.



A strong family life creates memories and builds a strong emotional foundation for our children. Passing on a legacy of love, compassion, and laughter are an important part of raising a child. These are important values that can get over shadowed when we allow our family life to become disconnected. Raising a child isn't just about the grades or awards they receive. It's also about the person they become -- a person with a strong emotional maturity and intellect.

A strong family life reminds children on a daily basis they are loved and valued. Strong families are families who take the time to listen and talk without judgment and support each other in times of need.

What are the Fundamentals of a Strong Family Life?

Routines & Rituals: Routines and rituals create a sense of normalcy, belonging, and comfort.

Open Communication: Letting every family member have a voice and creating the environment and trust to let every voice be heard.

Unconditional Love: A sense and realization that you are always loved and unconditionally accepted.

Laughter: Families, who laugh together, stay together.



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Quick Family Activity Ideas

Family activities don't have to be elaborate, expensive planned-out ideas. Sometimes, simple is better. Children are looking for your time and attention, so don't forget the simple things in life.

- Read a book together
- Fly a kite
- Bake cookies
- Go fishing
- Plant flowers
- Build a tent and eat lunch inside
- Go for a walk
- Shoot hoops or play catch
- Play hide and seek
- Catch Fireflies



Ideas from BICR staff of activities they enjoy with their family:

- "As a family we do dinner time "highs and lows". Everyone has the forum to speak and discuss the "high" of their day as well as their "low" of the day. "It opens up events for further dinner time discussions and keeps us parents in tune with what may be happening"
- "We try and do a 40 – 40 morning wake up club. So we start our days with whatever kids are up and motivated to do 40 sit-ups and 40 push ups."
- "In the summer months we tend to run and have the kids enter the 1 km to 5 km road races with us."
- "We do a lot of camping, which provides opportunity for hiking, canoeing and biking as a family."
- "We try and get out to ski a couple times each winter. The kids are now snowboarding, but us parents are still skiers."
- "How about going for walks or bike rides together and now that it is so cold, tobogganing."
- "Bowling and Hiking"
- "Board games, spending time outside, hiking, enjoying nature, cooking, building a fort (in the snow or in the basement with blankets), arts and crafts, baking."
- "With this time of year, skating, skiing, tobogganing, family time shoveling the snow, hike at Shorthills, walking dogs at Port Weller Beach, movie, popcorn and blanket."



Resource Information: www.familieswithpurpose.com, www.childcareabout.com, www.livingsocial.com