



# Parent-Child Bonding Activity Ideas for All Ages: **For your Child and For the Child at Heart**

The love between a parent and a child is like no other. Your relationship is the most important one your child will ever have because it forms the foundation for all future relationships. But sometimes the stress of everyday life and co-parenting can get in the way of making this relationship a priority. Make it a point to pencil in bonding activities with your child in your schedule. Here are some suggestions for what to do with your quality time together.



**Set aside time each day to talk about whatever your child would like to discuss**

This could vary depending on your schedule; even 10 minutes of focused conversation could be effective.

**Do a project together.**

Maybe you pick a new recipe to prepare or do a craft or a science experiment. The exact nature of the project doesn't matter as long as you engage your child every step of the way, and make decisions together. Celebrate when you're done!

**Come up with a special "thing" between you and name it.**

Invent a special handshake, a secret signal, a signature family dance, etc. and label it as "your thing." For example: "Let's turn on some music and do our Jones family dance!"

**Go for a "walk (or ride)-and-talk."**

Sometimes being side-by-side in a neutral location gets kids to open up. You may find there are also fewer distractions out in nature or in the car than inside your home.

**Explore somewhere (or something) new together.**

Visit a new place, eat somewhere or something new, try a new activity.

**Put together a collage, photo wall, album, slide show, etc. of favorite family memories.**

Have fun as you work together and reminisce about the past.

**Go on a “date.”** This could be a one-on-one outing weekly, monthly, etc... whatever works best for your schedules. Take turns planning what you will do on your “date.”

**Let your child “teach” you something.** Kids like it when we show interest in their favorite things, and it gives them a boost of confidence when we recognize them for their expertise in certain areas. It’s also fun for them to turn the tables and get to help the “adults” learn, for once!

**Volunteer together or complete an act of kindness.** Besides giving you quality time, this can also teach your child your values and cultivate a sense of philanthropy and gratitude for the future.

**Engage in cooperative play.** Pick an age-appropriate activity or game and play together, practicing communicating, taking turns, sharing, etc.