



Carlton Cards' Ideas for Great Ways to Spend Time With Your Family



Mississauga, Ontario (May 2015) - The 50s television show, Leave it to Beaver, would surely set off some guffaws from today's mom... that is if she had any time to sit and watch TV! The life portrayed of the television family, the Cleavers, was during a simpler time, when families sat down to dinner every night and chatted about their day. Fast track to 2015! Today's parents are stretched to their limits, juggling extremely busy schedules with both work and family obligations. The Carlton Cards trend experts have come up with some simple ways for mom and dad to have some quality family time to try to get back to the basics.

Eat, Talk and be Merry: With everyone's busy schedules and extra activities, it is difficult to find the time to cook dinner and coordinate an hour when the whole family can be together. Take baby steps. Check the family calendar and see if you have one night when everyone will be home around dinnertime. Make it a simple meal, even takeout is okay, because the key is conversation and enjoying each other's company. Make sure phones and tablets are in another room to prevent any distractions from listening to each other.

Share Your Talents: Knitting has been making a strong comeback and websites like Ravelry and Pinterest are great sources of inspiration. If someone in your family knows how to knit and purl, ask them to give some lessons and have a knitting bee. Sewing, crocheting and cross-stitch are fun activities as well. Who says you have to be a mom or dad to have the knowledge. Our kids seem to be able to pick up technology faster than most adults so maybe get some help in setting up Instagram or FaceTime on your phone.

Share the cooking: Parents are normally the ones who are running the household and making sure everyone is fed but why not get your kids involved in planning meals. Many mothers find that the more involvement their children have in preparing what they eat, the easier it is to get them to try something new. From shopping to food preparation, make it a family affair and watch your kids learn about nutrition, time management and perhaps have a little more appreciation for new and exciting recipes, not to mention their mother's kitchen workload.

Keep Strong and Exercise On: Who needs a personal trainer when you have your kids to motivate you? Rather than signing up for a gym, organize your own family exercise or walking group. Bike riding is something the whole family can do together and can be a quick half hour ride to a day of adventure. Family hikes through local parks or a walking tour of your town or city can get you outdoors and together. Yoga is an activity for the whole family to do together and once everyone has the hang of it, take turns leading the group.

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