

Quality Time Builders

Need some inspiration for what to do during intentional child time? When possible, let your child pick what they'd like to do. Pick things that won't cause conflict or stress.



Younger Children

1. Go to a playground.
2. Try pretend play, such as playing house or super heroes.
3. Have a dance party.
4. Play with blocks or building materials.
5. Make a sensory bin.
6. Play in the sink or let them help with small chores.
7. Give your kid a bath (bubbles or toys welcome).
8. Play I-Spy while you're driving.
9. Color together or do a craft.
10. Read a book.
11. Kick or throw a ball back and forth.
12. Play with a toy you haven't used in a while.
13. (Fill in) _____

14. (Fill in) _____

Older Children

1. Play a board game.
2. Cook or bake something fun.
3. Build models or design your own city.
4. Solve a puzzle.
5. Go on a walk or hike.
6. Play catch or soccer at a park.
7. Watch or make a video together.
8. Let your child teach you a dance move.
9. Listen to a song your child likes in the car.
10. Make a craft together.
11. Try an activity they liked when they were younger.
12. (Fill in) _____

13. (Fill in) _____
