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Create Quality Time With the Kids

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Working in the same space as your child gives you a chance to spend quality time together.

Psychologist Shirley Impellizzeri shares ideas for making your life run more smoothly as you juggle children, work and home.

- Share your workspace with your children, even if you are doing different activities. It makes it easy for them to ask you questions, and they feel like an important part of your life.
- Incorporate your children into your chores, letting them help where appropriate. You will share quality time together, and they will feel

included.

- Let your children lead in choosing an activity they enjoy, and you participate with them. If they love to draw, sit and draw pictures with them, then hang the artwork as a reminder of your shared time.

- Sit and read together. They can read their schoolwork while you can catch up on your latest book.

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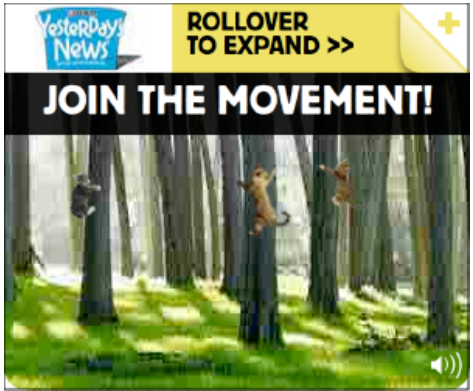
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