

OUR ADVENTURE:

an adventure for you and your kid/teen

WANT TO SPEND SOME QUALITY TIME WITH YOUR KID?

It's not always easy to come up with creative, affordable ideas that don't end with everyone zoned out on their tablet or phone (including you).

We want to help you can plan an afternoon or evening with your kid (of any age!) that you'll both enjoy, get to know each other a little better—and more importantly, one that both of you will remember for many years to come!

Every kid needs some one-on-one quality time. If you have more than one child, then try to schedule different times throughout the year, or even once a month if you're ambitious, so that you can spend time with each kid. Here's a plan to get you started.

FIND OUT WHAT THEY LIKE TO DO

One of the goals of this time together is for you to discover something new about your child—because here's the reality, they change. The things they used to like to do may not be what they like to do anymore. Their favorite food last year may not be their favorite food now. So before you can plan some one-on-one time, you have to find out what they like to do currently. Use the attached MY FAVORITE sheet and have them fill it out—or just ask them the questions, and you fill it out. (Print out the attached page and cut it in half—the other half is your invitation!)

GET READY

Now make a plan based on what you learned about their preferences. They may suggest something that you don't particularly enjoy or that you are terrible at (like playing basketball or going shopping). But this time is about them, so respond enthusiastically. Show them you are interested in them by letting them teach you how to do something they like to do. Try to find out what it is about that activity that they love the most. Pick a day and time. Book a reservation. Find a sitter for the other kids, if applicable. Save up some money. If you have older kids with busy schedules, ask them for some possible days/times. Do whatever you need to do (within reason) to set aside a fun day together. If it's playing dolls, riding bikes, shopping, getting coffee—include that in your plans. Also plan for a meal or snack so you have face-to-face time. If cost is an issue, work together to find something that is both reasonable and special.

INVITE

Print out the enclosed invitation to give to your kid. Or use construction paper and markers, a template on your computer, or even write it out with a dry-erase marker on their bathroom mirror. Tell them you want to spend time with them, just them. Include the time and date, and if you still are trying to decide on a time or on what to do, give them some options to circle.

GO

Print off the Our Adventure Sheet and take it with you. The sheet includes conversation starters that will help you be intentional about connecting with one another.

OUR ADVENTURE

- No phones or tablets allowed—that includes both of you! Make sure your time together is as uninterrupted as possible. Stay as engaged as possible. You can pull out your phones at the end so you can get a pic of the two of you at the close of your adventure.
- Avoid other distractions and have fun! If that means you take baby dolls to the park or board games to the library because it's too distracting to be at home, do that! Make the focus fun.
- The purpose of this page is not intended to be a script, but to help you be intentional with the time you have together and learn something new. In other words, it's okay if you don't follow it word for word.

DO IT

Yes, make it happen. Go skydiving. Play with dolls. Go shopping. See that movie that you both wanted to see. But set out on your pre-planned activity.

CONNECT

After your activity, go out for a meal, ice cream, or coffee. Give your kid a few options of locations where you can carry on a relaxed conversation, and let them choose where you go. Once you're settled in, use the questions below to start a conversation and discover more about your child. Remember, even if their answers aren't serious or "deep," the point is in the effort.

CONVERSATION STARTERS (QUESTIONS FROM YOU TO THEM):

- Who is your best friend right now? What do you like about them? What kind of things do you like to do together?
- What's your favorite part of the day?
- If you could be any character on a TV show or movie for one day, who would you choose?
- If you had \$1,000 to spend any way you wanted, how would you spend it?
- What is something that you're proud of?
- When's the last time you were sad or upset? What happened?
- What is something you want to get better at?
- Is there anything you're worried about right now? How can I help?

At the end, ask your kid if there is anything they want to ask you. (It's fine if they don't.) Also at the end of your adventure, NOW you can use your phones or tablets. Take a photo of the two of you.

KEEP IT GOING

Before bed, leave a note under your kid's pillow or on their bathroom counter, along with a print out of the photo from your adventure. Make sure you thank your kid for spending time with you. Tell them how much you love them, and how proud you are of them and let them know you'd love to spend time again with them soon.

WANT MORE QUESTIONS TO CHOOSE FROM?

Download 21 Questions for Each Age Group:

<https://theparentcue.org/21-questions-to-get-to-know-your-kid-now-2/>

MY NAME:

MY FAVORITES

- Restaurant or food:
- Thing to do when you want to chill:
- Favorite thing that you and I do together? (If you don't know, it's okay.)
- What do you love doing the most?
- What have you always wanted to try?
- What's something that you enjoy doing that we haven't had time to do lately?
Or something that we used to do—that you liked—and we don't do it anymore?



I WANT TO SPEND TIME WITH YOU!

WHEN:

WHAT WE'RE GOING TO DO:

Just you!



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CUE