

## NEWSLETTER

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### FAMILY TIME

We (at least those of us who don't live in Arizona or Hawaii) just set our clocks ahead and went on Daylight Saving Time. This gives us more daylight for afternoon and evening activities and conserves energy used for lighting.

How about using that extra hour for FAMILY SAVING TIME? Nearly all children surveyed say they want their parents to spend more time with them. Just about all parents worry about whether they are spending enough time with their children.

No I can't guarantee that spending more time together can save every family but I can honestly say that giving the kids what they want and helping parents worry less is healthy for every family.

I know how busy today's parents are. I know how tough it is to find an extra hour. I remember thinking, back in the days when I had two small children and ran the pediatric unit of a municipal hospital, if the day only had one more hour I might manage to complete my work at home and at the hospital!

Do you think you can find HALF of an hour today and most other days to spend time with your children? Take advantage of the extra daylight to play outdoors with them, take a family walk, sit outdoors and tell stories about what you did in the summer when you were a little kid.

Be creative. Celebrate spring with a picnic on the living room floor. Plan a mystery trip one weekend to a nearby park or museum the whole family can enjoy.

Time only goes in one direction. Make time with your children a priority and make it happen. Start FST now!

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THANKS TO ALL OF THE SUBSCRIBERS WHO TOOK THE TIME TO ANSWER QUESTIONS ABOUT CONTINUING THIS NEWSLETTER! THERE WAS OVERWHELMING SUPPORT TO CONTINUE THE FREE MONTHLY NEWSLETTER IN ITS PRESENT FORMAT. YOU WILL CONTINUE TO RECEIVE A COPY IN YOUR INBOX ON THE FIRST WEDNESDAY OF EVERY MONTH. I GREATLY APPRECIATE THE FAVORABLE COMMENTS ABOUT MY [PARENTKIDSRIGHT.COM](http://PARENTKIDSRIGHT.COM) WEBSITE. YOU GUYS MADE MY DAY!