

5 Tips for spending more meaningful time with your family



Tip #1-Take a Family Vacation!

While this first tip might beg the question of what happens first the chicken or the egg, taking a vacation might be exactly what the Doctor prescribes for you!

It will strengthen relationships with your family and help you actually be more productive.

It will improve your work performance!

The State of American Vacations report shows that, of people who spent “All or most (75% or more)” of their days off on vacation, they felt significantly happier with their company and their job than those who spent 25% or less of their days off on vacation.

When I have taken a step back from the busyness of the business I am able to often appreciate my lifestyle and gain new insights that I bring back to my business. In fact, this idea to help Entrepreneurs have more time with their family spawned from being on a family vacation!

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Business Owners should also support and encourage employees to take vacation as they will be more productive to the company! NBC news reported that employees who do not take vacation are 23 to 27 % less likely to receive a promotion, and 78 to 84 % less likely to receive a raise.

Strengthen your relationships with your family

Many entrepreneurs started their businesses, so they could spend time with their family but fail to plan and carry out their promises of taking vacation even when they have the money to do it!

Making it to those vacations have been found to: improve communication, interaction, satisfaction, problem solving, trust, and love, family communication, bonding, and solidarity (Widmer & Taniguchi, 2012).

The cost and location of family vacations is not the key factor in increasing these relationships...it's the time spent together!

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Tip #2-Romantic Getaways

Many couples struggle with finding time for their relationship in the hustle and bustle of life. Romantic getaways are a wonderful time to get away and focus on your relationship and can really boost the vitality of your marriage. Marriage and Family Therapist Sally Connely says, in an article from mentalhealth.net, “It is easy to find things to like while on a vacation. People can be more relaxed, less worried about everyday life, and generally in a better mood. Laughter, exercise and sex (as there usually is more sex) engender a release of oxytocin, the bonding hormone. Couples get more connected.”

Romantic Getaways are times to reconnect and remember why you each began this journey together. Sometimes the first few hours or days of your vacation together might be tough as you work together to transition being alone without kids or home and office responsibilities. Turn off your phone and forward calls to employees who can help you while you are away. Avoid work and spend time with just each other.

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Some couples plan 1/year a full week of vacation together and others several weekend getaways. However, you do it, plan it and circle it on the calendar and be excited for that time you have together!



Tip #3-Dates with Spouse

Weekend Getaways or Weeklong Vacations alone with your spouse are wonderful as it gives you time to reconnect, but they don't happen all the time. Dating your spouse each week is a must. These weekend dates are designed to be 1-2 hours of complete alone time without kids or work to reconnect is a shorter period of time. Remember that the point of time together is to connect, have fun, and build your relationship.

Make a list of fun, romantic, silly, adventurous, spiritual, and even service-filled ideas that you can do as a couple. Take turns planning your dates in advance, like you used to do when you were dating each other. Set a date each week that is your date night. Avoid doing the same things and with the same people. Try and make these times for just the two of you and do activities that you both enjoy.

Budget funds to date but don't break the bank. I recommend rotating the dates from fun low cost, adventurous higher ticket, service/spiritual, dinner and movie, and home date (no cost). You will either be paying for babysitters and dates or therapy to keep your marriage working, you choose!

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Tip #4-Daddy Dates

A [Huffington post](#) article titled, “[The Important Role of Dad](#)” states, “[Research](#) indicates that fathers are as important as mothers in their respective roles as caregivers, protectors, financial supporters, and most importantly, models for social and emotional behavior.”

If you make daddy dates a regular occurrence, you will be much more likely to do them! Plan your daddy dates to be a monthly occasion. Perhaps make the third Friday of the month Daddy-date Friday! Make an effort to go with each child 1/month and discuss with them where they would like to go and what they would like to do.

These dates do not need to be expensive or elaborate. Not only will keeping it simple make it more affordable, but if it is an easy activity to plan, you will be less likely to become overwhelmed at the thought of planning it. Take your child to get ice cream on \$1 scoop Tuesdays, go fishing down at the creek near your house, go play a round of pool at the sports grill, or go bike riding. These are just a few ideas, but the point is to not overthink it, just keep it simple.

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Tip #5-Parent-Dates

Similar to Daddy-dates, Parent-dates or Mommy and Daddy dates, as we call them, are a time when each of your children have the opportunity to do something awesome with both parents. In families, regardless of where the children are in order, they each need to feel the love of their mom and dad individually, but as a couple as well.

1/month rotate who you will take and notify them that it is their turn to go. While Daddy-dates usually involve you planning with them an activity that they would like to do, Parent-dates could be jointly planned or a surprise. We look at it as a second birthday like activity. My wife and I try to find something that fits that child specifically and surprise them, so they are filled with excitement the days leading up to the activity.

It's a real treat as we get to spend couple time with our children. They open up and talk to us about their life and how they feel about things in their life and we get to create memories that will hopefully last a lifetime.

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I hope you enjoyed these 5 Tips for spending more meaningful time with your family.

If you would like to learn more about making time for your family, go to <https://www.travisparry.com/timetraining> and learn about how I can help you.

[Or click on this link to schedule your Free Make Time Discover Call](#) with me, Dr. Parry, to see how you can make more time to do ideas like this and more with your family today!