



TIME TOGETHER

FAMILY DAY OUT

Family Day Out is a simple idea that encourages quality time with a child. During this time families are encouraged to set aside a block of time to enjoy quality time together while doing something fun outdoors.

Suggestions for Implementation:

- As a family pick an outdoor activity that the whole family would enjoy (For example: Take a walk through Zilker Park, spend a few hours at Milburn Park). It is beneficial to schedule the activity several days in advance to prevent scheduling conflicts (Note: Try to avoid activities that prevent conversation). Plainly, try to identify an outdoor activity that the whole family enjoys, and can enjoy spending quality time together doing. Enjoy spending quality time together as a family.