



- **Set ground rules ahead of time.** Plan on kids playing one sport per season or limit activities to two afternoons or evenings during the school week.
- **Know how much time things require.** Does your child realize soccer practice is twice a week or more, right after school? Then there's the weekly game. Will homework suffer?
- **Set priorities.** School comes first. If kids have a hard time keeping up academically, they may need to drop an activity.
- **Know when to say no.** If your child is already active but really wants to take on another activity, discuss what needs to be dropped to make room for something new.
- **Stay organized with a calendar.** Display it on the refrigerator so everybody can stay up-to-date. And if you find an empty space on the calendar, leave it alone! Everyone needs a chance to just do nothing.
- **Even if kids sign up for the season, let them miss one or two sessions.** Sometimes hanging out on a beautiful day is more important than going to one more activity, even if you've already paid for it.
- **Try to balance activities for all of your kids — and yourself.** It hardly seems fair to expend time and energy carting one kid to activities, leaving little time for another. Take time for yourself and spend time together as a family.
- **Create family moments.** Plan a few dinners when everyone can be home at the same time.

Family time is a precious commodity, and your children will grow up in the blink of an eye. **Plan now to set your family priorities, avoid unnecessary activities and be intentional about spending time together as a family!**

by First Things First, Chattanooga, TN
www.firstthings.org



RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships. It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a stimulating book, class or seminar for the two of you.

DATE NIGHT PDX
 Presents a hilarious evening for couples featuring
 Kristin & Danny Adams | Ted Cunningham

DATENIGHT COMEDY

Saturday, July 20, 2019 | 6:00 PM
 Rolling Hills Community Church 3550 SW Borland Rd. Tualatin, OR

Tickets available online at www.DateNightPDX.org
 \$20.00/person online (\$25.00 at the door)

Marriage Night

A RightNow Media simulcast with

Michael Jr

Francis & Lisa Chan

Les & Leslie Parrott

6:00 pm May 17 at Parkside Fellowship, Beaverton

7:00 pm May 18 at Mt Olivet Baptist Church, Portland

7:00 pm May 31 at NW Contexture, Beavercreek

Preregistration Required: www.MarriageNight.org

Adventurous Life Parenting Retreat Take a two-day break away from the chaos of activities, music concerts, practices, and games. Focus on how you want to raise your kids without them there to distract you. You will have a lot of fun while learning and reflecting on your parenting style, developing a vision for your children, and creating a plan of action. You will be "retreating" with up to 9 other couples or single parents and will have opportunities to build community as we all work to grow in this challenging and wonderful adventure called parenting. June 20-22 at Estacada. Details www.AdventurousLife.net

May 2019

Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org