

Parenting Together

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Finding Adventure in the Ordinary

They say “adventure is out there,” but for parents, sometimes that sense of wonder is lost in the daily grind of endless diaper changes, toddler tantrums, and naptime scheduling. Although these parenting duties are essential to your child’s wellbeing (and your overall sanity), it is also important to carve out quality family time. What if adventure isn’t only out there?

What if adventure is right here, waiting to be found in your home, backyard, or community?

When you feel yourself getting bogged down with the norm of your family’s every day routine (a routine that we know you worked hard to nail down - hey, those kiddos aren’t going to nap on their own!), take a minute to reflect on new, and engaging activities that you can do with your family. There are many low-cost, low-commitment ideas that will get you and your family adventure-ready! Remember, adventure is about creating a shared experience with your family - an experience that will result in special memories that you and your child will cherish forever.



“Let’s wander where the WiFi is weak.”

Aside from providing a small break from the daily routine, what are some other benefits of adventuring with family? Going on a family adventure provides a perfect opportunity to disconnect from the technology that tethers us to our jobs, social-media networks, and ‘grown-up’ responsibilities. When an adult models this behavior (e.g., setting aside cellphones), it reminds children that they are worthy of your time. In fact, they too, will learn the superpower to walk away from cell phones, tablets, and other smart devices.

The Book Nook

Abuela

By Arthur Dorros

In My Family / En mi familia

By Carmen Lomas Garza

All Families Are Special

By Norma Simon

Quality not Quantity

Parents of young children often struggle to find time: time for self-care, time to make dinner, time to spend with family. Additionally, there is a great deal of pressure to be present and engaged with children during every waking hour.

Here is the good news: research supports the idea that quality time with your kiddo trumps quantity of time.

In other words, it isn’t all about spending every waking minute attempting to engage your child in fruitful, and innovative learning opportunities, it’s about connection.

It is about finding time to engage, discuss, and be ‘in the moment’ with your child.



**Oregon State
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Stepping Out



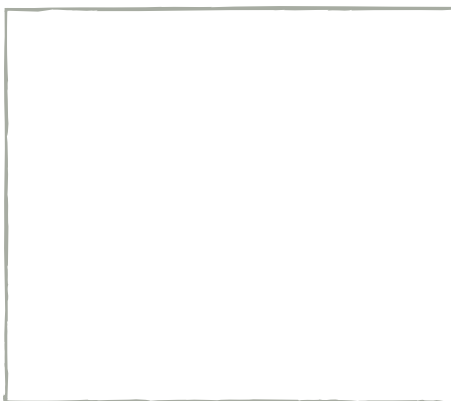
There was probably a time in your life, when you could make spur of the moment plans, throw on your shoes, and be out the door in a jiff.

As parents, we know there is no such thing as 'in a jiff' when it comes to getting children out the door.

Given the extra effort involved with 'readying' the family, adventures with minimal prep are the ticket to getting out of the house. Consider these ideas for your adventure-ready family:

- Have a picnic
- Go on a nature walk and scavenger hunt
- Host a 'Chalk Artwork' contest
- Plant a garden

Encourage your family members to disconnect by leaving their phones, and other techy devices behind!



Staying In

As fun (and important) as it is to get out of the house, sometimes personal situations (or the weather) do not cooperate, but this doesn't mean that you can't create a special time for a 'family adventure' at home. Here are a few ideas for indoor fun:

- Red Light, Green Light.

No space to run? No worries. Ask your child to hop on one foot when you hold up a green piece of paper or toy and freeze when you hold up red.

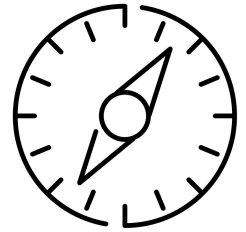
- Family Yoga (make up your own poses!)
- Dust off the board games and card decks
- Musical chairs (take turns controlling the music!)
- Charades (act out different characters or feelings)
- Dance Party

Adventure in the Ordinary

With young children, it can be hard to find the time and energy to plan a true adventure, yet it is important to remember that your definition of adventure is different from your child's.

Children have a true knack for finding adventure in the ordinary.

If you are feeling less than inspired, follow your child's lead. With a little creativity, and imagination, you can rediscover your sense of adventure -



Finding magic in the moments that make your family time special.

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