January 6, 2025

    Play with your children.Let them choose the activity, and don't worry about rules. Just go with the flow and have fun. That's the name of the game.

January 13, 2025

    Read books together every day.Get started when he's a newborn; babies love listening to the sound of their parents' voices. Cuddling up with your child and a book is a great bonding experience that will set him up for a lifetime of reading.

January 20, 2025

    Schedule daily special time.Let your child choose an activity where you hang out together for 10 or 15 minutes with no interruptions. There's no better way for you to show your love.

January 27, 2025

    Encourage daddy time.The greatest untapped resource available for improving the lives of our children is time with Dad -- early and often. Kids with engaged fathers do better in school, problem-solve more successfully, and generally cope better with whatever life throws at them.