



## Parent-Teen Activity Series

### Tip of the Month

Life can get very busy for families on the go these days, so why not spend a day together at the park? Activities at the park can be complex or simple; options include playing football, frisbee, baseball, softball, croquet, or badminton. No day at the park is complete without a cookout! Prepare the family's favorites and get everyone involved in helping set up and clean up. Remember that spending quality time together as a family can help a family build better connections with one another.



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