



## Parent-Teen Activity Series

### Tip of the Month

Shut off the TV and unplug the Nintendo – it's time to play the old favorites, like cards and board games. Try to pick games that keep the whole family interested and prepare special snacks to munch on as you play. If game night is a hit on the first try, you can make it a regular activity and each month a different person can be responsible for picking the games, figuring out the snacks, and setting up. Remember, use the time to enjoy each other's company!



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