



# Unplug AND CONNECT



## Tip #4: Plan fun outings



**The benefits of a break for you and your family are simple but effective. Here's proof that a family day out can actually strengthen your family bond.**

### **There's plenty of time for you to talk to each other**

A dedicated day out with the family can seriously improve communication within your family unit. Whilst we are thankful to technology for bringing us together in new and improved ways, there's nothing quite like switching off from the various household devices and enjoying quality time spent together with little distraction from the outside world.

In everyday life, frustrations can often be voiced too literally to one another. From feeling ignored, unheard or misunderstood, bonding face to face in a dedicated space can help to eliminate those feelings. With the front door firmly shut, see a family day out as a window of opportunity to really bond with your loved ones.

### **Passions come to the forefront**

How often are you faced with a first hand opportunity to really find out what makes a loved one tick? One of the great things about taking part in a planned family day out is the chance to see an interest of theirs or their enjoyment of a celebration come to life.

Not only will you experience something potentially different or eye-opening on a personal level, but you might actually get to witness a passion ignite in your youngster.

### **The daily routine is left behind**

Making dedicated time to spend a family day out together is one of the best ways to abandon your daily routine and focus instead on exploring new surroundings, immersing yourself fully in exciting new experiences and challenges.

Family bonding time is a great chance to model expected behaviours. In this type of scenario, family members are much more inclined to value each other, which provides the opportunity to deviate from normality and really let go.

As a parent, child or sibling, this experience can be spent enjoying jokes, telling stories and being silly with one another. It's a fantastic opportunity to throw caution to the wind and lose yourselves in the escape of it all. It's a time to laugh, play and most importantly, have fun.

### **Memorable experiences are created**

Putting yourself in situations where you can learn, teach, explore and share moments in the presence of loving and supportive family members provides the opportunity to strengthen relationships in the present but also as an opportunity to look back fondly on the experience, therefore inspiring a time to go and do it all again.

Not only will you be able to revel in the wonderment of the special day out itself, but the incredible experiences you will all help to create and look back on in years to come. That feeling alone will help bring togetherness to your family relationships.

