

Family Game Night

Bring back family game night!

It's the kind of thing that gets talked about, but is often put aside. It feels easier to have a family movie night, and there are only so many evenings that are free in any given week!

But if you've been on the fence about starting up a family game night, here are a few reasons that may get you motivated.



Learning to Win and Lose

- It's a hard lesson - learning to win or lose gracefully. It can be difficult for some children to focus on the fun of the event, rather than the competition
- Being at home with family creates a safe space to learn how to control the thrills and disappointments of winning and losing
- Don't be afraid to make up new rules until your children can deal with their feelings (like a first winner and a second winner) - highlight the fun above all!

Learning to Communicate and Negotiate

- Some games promote negotiation and communication between players. Learning to communicate constructively is another way to help younger family members express their feelings in a healthy and productive way
- Communication and negotiation are key life skills, that will follow children into adulthood and shape their relationships with others -how exciting that they can be learned through games!

Family Bonding

- Family game night is a regular, bonding experience - fun, engaging, and creative
- It's a great avenue for promoting the values that are important to you as a family, to connect with one another differently, to support the growth and love of your household