



## FAMILY DAY

Do you remember as a young child asking your mother why there is a Mother's Day and a Father's Day, but no Kid's Day? Likely the answer was something like "everyday is kid's day."

This makes me wonder why some Canadian provinces have decided to have Family Day in February. Shouldn't everyday be a day for the family? I know part of the reason behind Family Day was to place a new holiday between New Years and Good Friday. Perhaps establishing such a holiday will help mothers, fathers, and kids spend more time together, enjoy each other's company.

Families are busier than ever. In many cases both parents work or families are single parent families. School requires more work be done at home. Children are registered in at activities each that require the parents to be taxi drivers. All of this doesn't leave much time for the traditional family time activities.

While it's never too late to start family time, if you begin when your children are young you will have created a tradition that will last a lifetime. Even when your children are very young, let them be a part of deciding what you will do as a family. Since every night isn't likely an option, start by having family time once a week. Schedule it on your family calendar and commit to it. What might start out as difficult to stick to will soon be something to look forward to.

*Be My Disciples* gives parents a wonderful tool to help celebrate Family Day. The *With My Family* page at the end of each chapter provides families the choices of activities, discussion questions, and prayer for family time.

Pope Francis, in his *Angelus Address for Holy Family Sunday* (December 29, 2013), reminds us that there are "three key words for living in peace and joy in the family: 'may I', 'thank you' and 'sorry'." So with these words, we can make everyday, a day for the family.

## IDEAS FOR YOUR FAMILY TIME

- Learn a new prayer. This can be at mealtime, bedtime, or anytime you are all together.
- Get outside and enjoy God's creation. Go tobogganing, skating, build a snowman, or try something really wild like having a picnic in the snow.
- Watch a movie together and have popcorn. Have a family game night, or read stories together (and don't forget some of the wonderful stories from the Bible).