

7 REFLECTIONS

free time is precious



🇩🇪 Deutsche Version
🇱🇺 Lëtzebuergesch Versioun
🇫🇷 Version française
🇵🇹 Versão portuguesa



1

Our time is precious

In a fast-evolving world, let us dare to slow down and give our children what they need most – our time.

Sometimes, real luxury is allowing yourself to say “no” to the numerous activities on offer.

Let's try to make use of our free time to talk to our children and strengthen the parent-child relationship. It isn't necessarily the length of time that counts, but the quality of the time spent together.

And what if we haven't planned anything?

Free play is essential for children to develop and flourish.

By getting bored, children will cultivate their creativity and develop their imagination.

Finding ways to occupy themselves, allows children to explore their independence, to connect with others and to learn more about their own interests. Let's avoid overloading our children's free time and dare to practise the art of “doing nothing”.

2



3

A special moment

Free time spent as a family can take several forms.

Spending quality time together as a family doesn't always mean the whole family has to be involved in the same activity.

One parent can spend some special time with just one of the children. The children can spend time playing together, just as the adults are also entitled to spend time together or alone.



The power of nature

Let's use the de-stressing and balancing power of nature. Several studies have shown that a natural environment helps to reduce stress and improve feelings of well-being.

Furthermore, spending time at the park, in a forest or by the water doesn't cost us anything but time.

4



5



Memories are what binds us

Time spent together creates precious memories for every member of the family.

These shared experiences strengthen the family bond and will stay with every individual for the rest of their life, across generations.

6



Everyday gems

Baking together, setting the table, playing ghosts while folding the sheets, or watching corn popping in a pan... these are the little rituals, everyday squabbles and moments of joy that make up our children's childhoods and our lives as parents.

Involving children in everyday tasks requires teamwork and enables the child to develop a multitude of skills: independence, responsibility, fine and gross motor skills, organisation, equality and so on. Allowing a child to help us gives them a sense of belonging, strengthens their self-esteem and creates opportunities to talk.

Come and meet us

Come and share your ideas, your thoughts and your experiences as parents with us at the parent forums in your region.

You will find information, activities and current events relating to parenthood on our website eltereforum.lu.

The coordinators of the Eltereforum would be pleased to meet you!

7



The Eltereforum is a service of the Ministry of Education, Children and Youth. It is a place where all parents can get advice, information and support.



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse


eltereforum.lu

 **Eltere
Forum**
A PLACE FOR ALL PARENTS