

A P A R E N T ' S  
T O  
G U I D E

# Family Night

**axis**

# In This Guide . . .

- **You don't have to be a superhero to fight for family night.**
- **Why is having an intentional family night important?**
- **Before we get into family night, what are good ideas for connecting day-to-day?**
- **How often should I have family night?**
- **What could we do during family night?**
- **Anything else we should do during family time?**
- **How else can I make family night a smooth experience?**
- **What about when family time doesn't go as planned?**

— I've tried having a family night before, but it's never lasted very long. Any strategies for making it stick this time?

— Discussion Questions

— Recap

— Conclusion

— Additional Resources