

# Parents

BRING YOUR FAMILY

# CLOSER

**BABYP**  
37 Days  
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Find The Perfect  
Part-Time Job

Raise A Responsible

Our Cute  
Halloween  
Costume

Mommy It Hurts  
How To Tell Real  
Aches From Fal

Solve Your In  
Sleep Problem

**PLAY SMART**  
Help Your Baby  
Laugh & Learn

## CREATE FUN FAMILY RITUALS

Holiday dinners, birthday breakfasts in bed, and Friday pizza-and-a-video nights are a great way to tighten those family ties. Studies have found that families who observe routines and rituals have stronger relationships than those who don't. If you think your family is short on bonding moments, you can always create some, suggests Barbara Biziou, author of *The Joy of Family Rituals*. Let everybody take turns making Tuesday night's dinner—even if it means eating peanut butter and jelly for supper every few weeks. Find a simple, silly way to celebrate half-birthdays (in our house, we bake cupcakes and cut them in half). Plan family outings: Go for a drive in the country, or grab a kite and head to a nearby park. You'll get more of a sense of togetherness than you would from just hanging around the house. And your kids will have the experience of a fun family life—and remember it when they're older.