Families that play together, grow together

Did you know that research shows that quality time as a family is crucial to development, improves mental health, decreases behavioral issues, aids in academic performance, boosts self-confidence, and children become more adaptable and resilient to change? Really! Our kids benefit from spending time as a family. In short, quality family time creates happier kids. And happier kids, means happier family life.

But if quality time is so important, how can we make it a priority? Life feels so busy sometimes. Between work, running kids to school, practice, cooking dinner and everything in between, it can be hard to find quality time to enjoy ourselves, let alone one another. Also, having to plan a family activity when your brain is spent after a long day is tough. It would be so nice if we had community support in creating these family moments, wouldn't it? Luckily, USU Extension wants to support families in the mission of creating special family memories.

To aid families in saving space and time for family time, USU extension is hosting a Family Fright Night. The goal of this family night out is to not only have a TON of fun, but to also improve family time! To let parents have an activity with their kids but not have to plan it all. There will be activities available where parents can have intentional conversations, focused on building family togetherness. Also, there will be games, prizes, dinner, and so much more! The whole family will be entertained. Plus, it's free! That's hard to beat.

Please join us on October 26th, for a frightfully fun night! Spend a night focused on your family. We love and appreciate all who come participate in our community events so that we can continue to support local programming and families. Together, we can help our community and our families flourish!