



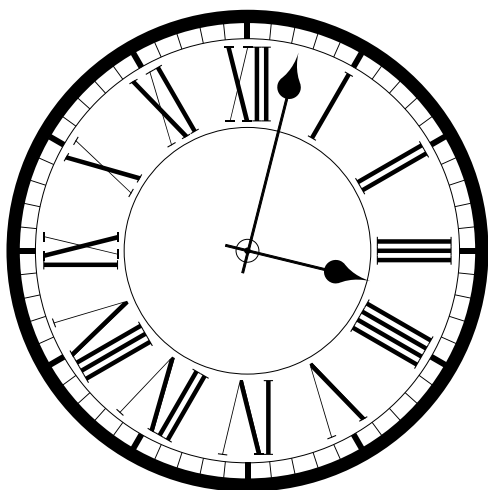
# FAMILY FIRST

The Official Newsletter of Musica - Familyweek



## SPEND TIME ON YOUR FAMILY

When we ask those, we meet what matters the most to them, they all say their family comes first. But do we mean this when we say it? In this newsletter you can read 4 tips you should pay attention to in the FAMILYWEEK and always.



## CLOCK-OUT & CLOCK- IN

It is important that you intend to clock out of your “day job” every day on the way home, and clock in to your “family job.”

It is also important that you give your best, your first, to your family—not your leftovers.

The exercise of clocking in to your family will remind you reserve some energy for those who matter most in your life.



## TALK ABOUT WHAT YOUR KIDS WANT TO TALK ABOUT

If you want to build a bonded family, you should get into their world. Listen to their conversation and find a point of connection, a word or a phrase that grabs your attention and ask questions about it. It is important that you don't interrupt their thoughts, but let them finish.

## BE A ROLE MODEL

Don't forget that your every move is being watched. If family time is important to you, your children are more likely to want to join in.

Be an example! If you spend all your time watching television during family time, you're giving them the impression that they're not important to you. It's important that you spend time with your children.



## TAKE A YEARLY VACATION TOGETHER

You can do road trips, cruises, local, national, global, expensive and cheap. The point is not how much money you spend, but how you spend your time together. This should be a work-free, drama-free zone of creating new memories and new connections through meaningful experiences together.

