

## Why take time for fun?

by Lisa McKimm



When I share with parents that 'Time For Fun' is one of the most important ingredients of happy relationships - they sometimes put their heads in their hands. 'Oh No - another thing to try and fit into our already busy lives' they groan! And you know, in all the years that I have been taking courses and seminars for parents - there is one thread that many families share. And that is that Dad's are often better at taking time for fun with the kids than Mums are. The first thing that Mums tend to do is defend why it's impossible for them to manage additional fun in their day.

'I work around the clock as it is'; 'my partner doesn't spend as much time with them as I do'; 'I'm worn out at the end of the day' are all fast responses from women raising kids. Whilst I wouldn't consider questioning the truthfulness of this, consider the following. One day your children will tell their children about their memories of you. Do you want them to talk of the laughter and fun that you shared? Or will the stories be about hard work, and your 100% application to all the responsibilities that you carried in life. I know that my husband was always the one who created noisy, crazy, boisterous games that the kids loved. And they remember them all to this day.

Being chased by a 'growly monster', bouncing on the beds, throwing balls in all of the places that I had banned them from was a common occurrence! I remember once learning a great lesson from a birthday party for one of our five year olds. As usual I had dedicated myself for a couple of days to creating a fabulous food theme and a marvellous Birthday Cake (usually out of The Australian Women's Weekly Birthday Cake Book).

I had climbed trees to hide treasure hunt clues, handmade special Crowns for all the party guests to wear, and wrapped miles of newspaper in to Pass The Parcel bundles.

The party was held over a three hectic hours, and I reached for the pain relief to help ease the headache when the visitors left. The following day, a party visitor stood up in the new entrants classroom and shared her 'news'. "I went to Chloe's Party yesterday, and it was cool fun - because her Dad chased us with a school bag over his head!"

Good Heavens - what a lesson for me. After all of my knock-myself-out efforts, my husband's five minute spontaneous, fun activity had been the highlight of the party! I realised at that moment that maybe we Mums could take a leaf from the Dad's book.

We could try not to squash their fun activities - they may be making memories that will last a lifetime. Or even better still - we could join in with them!

After all - why should Dads nab all of the good PR and be the funster in family stories told in years to come?

Go For It - Grab a little Extra Fun this week!

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