

FAMILY FIRST!

They are the people God has chosen for us; a close circle where love, trust and dependability prevails no matter what. Family is a simple enough word, and yet the implications of it are wide and great. Sacred bonds between parents and children, brother and sisters and other members are the most precious ones that must be cherished and nurtured to the best of one's abilities. Spending time in the company of people with whom one can be without any pretence does wonders for one's mood, and is great for mental and emotional well-being. While some families are small and compact, many families are big and boisterous. No matter what the size, family is, without a doubt, the most important element in a person's life.

Nowadays our lives have taken a turn for the worse. Between studies, work, social engagements and the state of our city's traffic, our days are incredibly hectic and our minds are forever under some form of duress. Spending quality time with family becomes a rare occurrence for many, even though it is something most of us would love to do. Still, life goes on and among this craziness there are ways by which one can make time and do fun things with family members. It does not always have to be something grand or time-consuming. Read on for some simple ideas that can make

spending time with family easy and fun!

Taking time out for family during weekdays can be tough for many. Mealtimes are a great and simple way which can bring all the members together without taking time away from work or studies. Make sure your family gets together for at least one meal during the day. It could be breakfast or dinner as lunch can be difficult for some. Put your phones and tablets away and engage in a lively conversation with everyone. Ask each other about their plans for the day, what each member has been up to and any other general matter. If time permits, a special dish or a mouthwatering dessert can be prepared to be enjoyed by everyone, as food brings people together unlike anything else.

Plan something for the weekend. It could be brunch or dinner, or better yet, plan a day trip to a resort nearby. The outskirts of Dhaka city has many such destinations that make for fantastic getaways without taking too much of one's time. A day trip or an overnight stay, if time permits, is a great way for family members to relax, have fun and bond.

Do you have an elderly member in your family? If you are lucky enough to have a grandparent living with you then plan an activity keeping their interest in mind. Take them to a restaurant for a cuisine they

might enjoy, or a trip to the mall could be useful if they need to do some shopping. Usually the elderly are relegated to the confines of the house as most social activities do not cater to their interests. But it is our duty to take good care of their well-being. Accompany your grandfather for his evening walk, or cook something special with your grandmother. It will cheer their spirits and invigorate you.

Oftentimes we tend to take our parents for granted. In the humdrum of daily life their needs and wants take a backseat. It could be something as simple as taking your father for a nice cup of coffee or taking mother out for a movie. Our parents deserve our time more than anyone else, and we should make sure we are there for them no matter what.

Young siblings are a lot of fun and together there are tons of things to do. A trip to the bowling alley at Jamuna Future Park is fun and exciting, as is go-carting. And Dhaka has a plethora of eateries to



choose from where one can spend great time over good food.

Lastly, if time and budget allow, plan a trip abroad. A fun destination that offers exciting activities as well as shopping is sure to make family time enjoyable for everyone. We only have one life and family is a precious gift that must be appreciated by all.

Also, do you miss those delightful days of playing board games back in the 90's, like the eternal favorites monopoly, ludo, life and scrabble? They are still great fun and a surefire hit with everyone. New games such as catan, cluedo are interesting and provide great entertainment for family members. Card games, chess and carrom can be played for some nostalgia laden good time too.

By Sabrina N Bhuiyan

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