

# Tips for a successful **FAMILY GAME NIGHT**



Here are a few steps you can take to make your introduction of a Family Game Night more successful!

**Pregame:** If you are introducing a new game to your family, read the rules in advance and make sure there is no additional set up required for the first time you play the game.

**Pick a good time to play:** If you plan your game night (or day), try to pick the most convenient time for your family's schedule.

**Pick an easy game to start** to get everyone in the right mode. Patience improves once you've had a small taste of game playing fun!

**Check your cellphones at the door.** Set aside all distractions, we even recommend not having TV on in the background.

**Snacks:** Keep it simple! Break open a bag of chips/cookies, or plan it around pizza night. Or better yet, play after dinner. Sometimes greasy hands or spilled drinks could run the game play!

**Maintain parental flexibility:** Approach it with the goal of having a fun time together. Not all game rules HAVE to be followed.

**Make it a habit.** Select a family game night at the frequency that works for your family. The more often you practice and set aside time to play together, the more readily everyone will come to the table.

A family that plays together stays together!