

PEDAGOGICAL INPUT

for the adventure of family life



68_ Time out for adults and kids

The world of work has changed significantly in the last few decades. Gainful employment no longer serves only to earn a living in the classic sense. The desire to perform well and at the same time get recognition and confirmation in paid employment is very high.

In addition to work, the remaining free time with the family should also be used optimally. Remedial courses and varied activities are popular as afternoon programmes. The combination of performance pressure and leisure time stress can be exhausting for both adults and children in the long run.

Impact on the family

What role models do we create as parents when we are often stressed, exhausted or overwhelmed?

If we don't allow ourselves any downtime or necessary relaxation in our free time, we set an example of this lifestyle for our children. Our own behaviour probably has the greatest influence on our child's conduct. We see each other as individuals, but we all influence each other. (Perry, 2020, p.204)¹ Or in the words of Jesper Juul: "Children don't do what we say, they do what we do."

Schedule breaks

In our modern performance-oriented society, the focus is often on doing and not on being, yet time off for adults and children is just as important as everyday tasks and errands. Entering an appointment in the calendar for each activity, should also be done for breaks. Awareness, creativity and relaxation can develop in this planned break time free of to-dos.

“Parents know this experience from vacations, extended dinners in a restaurant, and other occasions without an agenda. Only then do we hear ourselves saying things new to us and others. Conversations like this create closeness. The same happens when we spend time individually with our children. I can be in the kitchen, in bed, lying on the grass, fishing, walking in nature or sitting in a cafe. This is real quality time and like a satisfying love life, it cannot be planned, it can only be made possible,” according to Danish family therapist Jesper Juuls.²

Basically, it's not about what we do together as a family, but how we feel about it. Questions like, what would make us happy? Or what do we really feel like doing today? may be the focus. Whatever it is, as a family, feel free to take a break and have a good time.

Text: Corinna Bertagnolli | www.familie.it

Recommended literature:

1. Perry, Philippa (2020), Das Buch, von dem du dir wünschst, deine Eltern hätten es gelesen - und deine Kinder froh sein, wenn du es gelesen hast (The Book You Wish Your Parents Had Read - and Your Children Will Be Glad You Did), 4th edition, Berlin, Ullstein Buchverlage GmbH
2. Juul, Jesper: Die moderne Familie und ihr entscheidendes Dilemma (The Modern Family and Its Crucial Dilemma) <https://www.symptome.ch/blog/familienprobleme/>

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