25. SUBJECT: Boredom Busters: Pizza Night

Weekends can be notorious for the “I’m bored” cry from our kids. And the weekend should be a time for relaxing for you as a parent, too, so what can we do to help fend off boredom?

Try instituting a family pizza night on the weekend.

It doesn’t matter which night (Friday or Saturday) you choose; just try to keep it consistent over time. You’ll find that your kids will look forward to pizza night (or maybe pasta or burger night?) all week long.

Here’s today’s *Tip for Modern Parents*:

**Creating a family tradition can help beat boredom.**

Kids like to have things to look forward to—so do adults, for that matter! Creating a fun family tradition on the weekend can give kids an event to anticipate and enjoy—and can even create things for them to do. They can help prepare the meal, set the table, etc. And in the future I bet they’ll remember those weekend traditions with delight. Who knows—they might even pass them on to their own children one day!

Onward to better parenting,

ADD NAME