



However, it  
needs for the

The second  
or recharge.

For parents,  
attending yo  
watching a r

Children als  
playing vide

Alone time a  
physically a  
filled with ex

It should be  
more intro  
measure fami  
after yoga, c

The third kid  
because this  
end time v

Dr. Kyle Pru  
spending on

- Unique int  
make child
- It helps to
- Time alon  
strengths

Remember,  
kids. Additio

Spouses als  
together.

In a fast-pac  
time right. S  
family time a

