

FIND YOUR

25th

Hour



Time. It may be the most valuable thing on earth. What if you knew that simply spending time with your kids could help reduce their risk of using alcohol or drugs?

Could you find the time?

Finding **your 25th hour** is about making the most of the time you spend with your children. The 10 or 15 minutes you find can add up to the 25th hour you're looking for.



Where to find time

- ▶ In the car
- ▶ Waiting for the bus
- ▶ Anytime they reach out to you, even when it's not convenient
- ▶ During the commercial break
- ▶ Over dinner
- ▶ To and from activities
- ▶ Through common hobbies
- ▶ Walking the dog
- ▶ During homework
- ▶ Simply listen and go with the flow

What to ask

- ▶ Can you tell me about your day?
- ▶ Who did you have lunch with today?
- ▶ What did you do after school today?
- ▶ Did anything funny happen today?
- ▶ What is happening in your world?



Cheltenham

Communities That Care

Cheltenham Communities That Care (CTC)
7420 Sycamore Avenue
La Mott, PA 19027
610-630-2111 ext. 236

CheltenhamCommunitiesThatCare.org