



Strengthen your family life by preparing yummy dishes

Modern-day family life can make it easy to forget that spending time with our children is one of the most important things. We can never give our children more than our time. Summer offers a great opportunity to spend time together and bond as a family! Here are some of the reasons you should make quality time a priority:

Taking part in activities with their parents helps children develop a sense of self-worth. Children, who feel valued by their parents, feel more positive about themselves. It is not necessary for family activities to be expensive to be meaningful. Being together is enough. Play a game or go for a bike ride.



Families who engage in everyday activities together form strong emotional bonds. Family members who participate in group activities share a stronger emotional bond, as well as the ability to adapt well to situations as a whole. Tell us about your favorite hobbies, sports, books, movies, and other interests.

A child or adolescent who spends more time with their parents is less likely to engage in risky behavior. The National Center on Addiction and Substance Abuse at Arizona State University found that teens who have infrequent family dinners are twice as likely to use tobacco, nearly twice as likely to use alcohol, and almost 1.5 times as likely to use marijuana.

Children who eat frequently with family members also tend to have better dietary intake than those who don't eat as often with family. How about having some delicious yet healthy food with all your family members? [Air fryer recipes](#) are best in this situation. Be it French fries or fried chicken- having an air fryer can actually change the way we eat at home.

While delighting your mouth with the lip smacking [best air fryer recipes](#), you can enjoy amazing time with your near and dear ones.