

Bringing back wholesome family times

Written by Marcia Humphrey
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Earlier today I had a wonderful lunch date with an inspiring woman who is a mother of two adult children. I was telling her how my three children and I went on a bike riding adventure that led us to discover interesting trails and new routes through our city. Before we knew it (about an hour and a half later), the children and I had traveled about six miles or so. A couple of my babies were getting kind of tired, so we stopped for a lunch break. By the time we were ready to hop back onto our bikes; my husband called and offered to come pick us up. “YES, please!” was my answer. He got there and we loaded all the bikes into the minivan and rode off.

The interesting part of that adventure was this: my oldest child loved it and did not want to stop. My youngest liked it and he probably wouldn't have complained about the one-hour ride back, and my second-born thought it was a lot of hard work-her tires needed air, oops! Everyone agreed that it was fun to discover new routes, enjoy the warm weather, and most importantly be together. Throughout the biking the children remained cheerful and for the rest of the weekend, they talked about how much fun our day had been.

After listening intently, my lunch companion commented that we had a spring day of wholesome fun. She shared that when her girls were young one of the things they most enjoyed was making meals together. Although this loving mom had them doing many enriching extracurricular activities, those simple kitchen memories stand out even now. I appreciate that she described our family time as wholesome. When I think of that word, I think of good, clean, fun, simple, and freap (free or cheap) times together where families get strengthened as a unit and as individuals. Become inspired-and then inspire others-to make a new commitment to wholesome family time and watch the positive impact it will have.

Rediscover Biking: Minnesota's walking and bike trails are among the best in the nation, so

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don't let them go to waste. Grab the kiddos, and hop on your bikes, or rent them near the lake; prices start at around \$17 for a couple of hours.

Take a Hike: What says wholesome better than a family nature walk? Whether it's right within your neighborhood, through a wooded area, around the calming lakes, or through the breathtaking Minneapolis Sculpture Garden and Conservatory, have a contest to see which family member can spot the most spring-time signs; new budding trees, new flowers, new baby ducklings, etc.. Just don't forget your camera.

Play in your yard: Another fun family activity that we've been doing since the weather has warmed is playing a low-impact version of kickball in our driveway-the bases are close to each other (and it's easier on mama's knees). We use one of those super lightweight rubber balls-it's impossible to break your neighbor's window with it. My son can't get enough of this game.

After I picked my kids up from school today, we went to the park and did homework outside. As we sat, I noticed four little children, who looked to be about three-years-old. They were running around and it was clear that they were having a good time. I leaned over to my son and said, "You used to be that small, Landon."

"Did I run that fast?" he wanted to know.

"You ran even faster," I replied. For a split second I became a little sad as I realized that I did not have a clear memory of Landon being that size. Time has gone by so quickly, and it sometimes feels as if it's speeding up. Where ever you are in your family's stage of life, take time this week to enjoy wholesome moments that strengthens (or repairs) your family bond. Enjoy!

Marcia Humphrey is an interior decorator and home stager who specializes in achieving high style at a low cost. A native of Michigan, she and her husband, Lonnie, have three children.