

Relationships Australia

MEDIA RELEASE
No. 002/07

10 May 2007

INVEST IN TIME FOR FAMILY FUN

Relationships Australia (RA) fully endorses the theme of this year's Families Week – Families Investing in Time Together (FITT). The central message is that one of the most valuable commodities in today's world is time and that to invest in time with your family at any age is to show them that they are loved and valued.

Based on the results of Relationships Australia's Relationships Indicators Survey 2006, the greatest single negative impact on relationships today is a lack of time to spend together. For this reason, RA state and territory organisations are encouraging all Australians to do something positive and practical for Families Week.

According to Relationships Australia Acting National Director Rhonda Lawson Street, "Investing in time with your family needn't involve anything elaborate or expensive. Quality family time spent on activities as simple as walking in the park or having a barbeque can be a wonderful opportunity to catch up and share experiences".

"Rather than buying the most expensive sporting or electronic equipment, it is often quality time spent listening and talking to your children that is likely to be the thing they will remember most fondly", Ms Lawson Street said.

UNICEF's latest report titled *An Overview of Child Wellbeing in Rich Countries* is also a timely reminder that economic achievement is not the only important indicator of outcomes and wellbeing for children. The report released earlier this year showed that, among a survey of 21 economically prosperous countries, it was the English-speaking countries with cultures similar to Australia like the US, Canada and the UK that scored worst when assessing young people's relationships with family and peers.

The report highlighted the fact that spending time together with family and community in shared activities like discussions around the evening meal is a valuable way of promoting togetherness and connectedness that can foster wellbeing in young people.

So the message this year is clear - talk, listen, exercise, play, share, and most importantly, just have fun with those that you care about most.

* National Families Week runs 13-19 May 2007

ENDS

For more information contact:

Rhonda Lawson Street Ph: (02) 6285 4466

Editor's note:

Relationships Australia is a leading provider of professional relationship support services throughout Australia. It is a not-for-profit, secular, community-based organisation with partial funding from Federal, State and Local Governments. RA operates at over 100 locations Australia-wide and provides services to over 90,000 people a year.