



Better Bangladesh: The Importance Of Family Time

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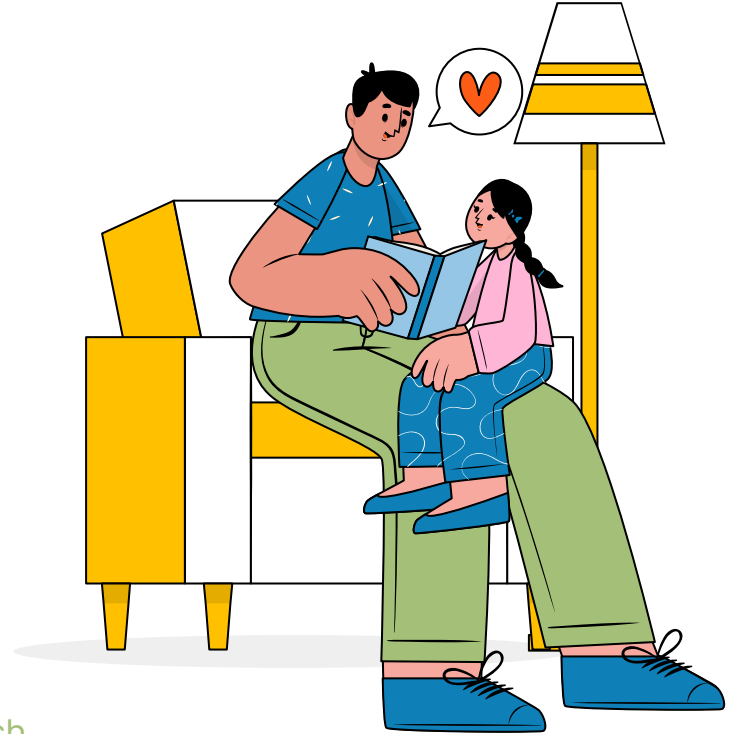
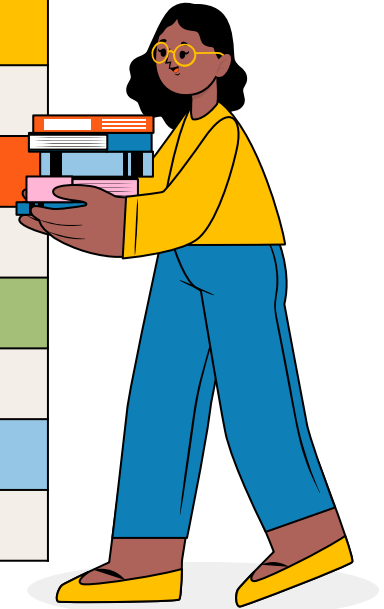


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What and Why Family Time?

Family time is **intentional** moments spent connecting with loved ones, fostering love and support.



Stronger Relations

Builds **trust** and **closeness**, reducing emotional distance.

Mental Well-Being

Lower stress, anxiety promoting **happiness** and healthy mind.

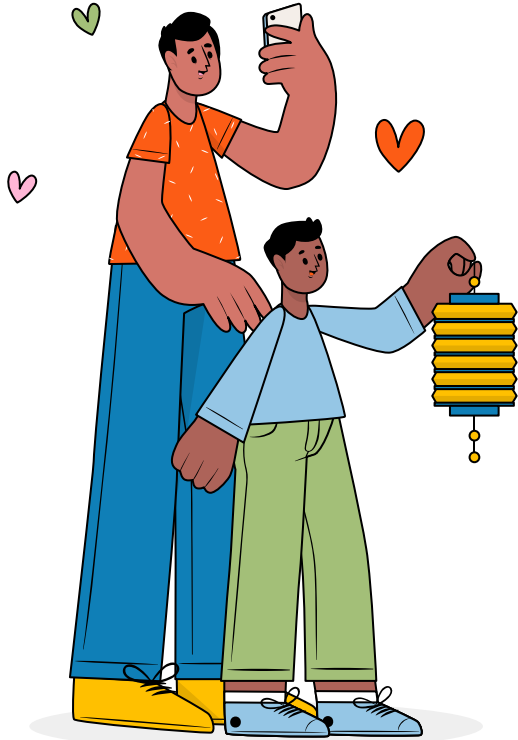
Child Development

Helps and nurtures children's **confidence** and **emotional growth**.

Cultural Roots

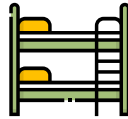
Reinforces **traditions**, passing values to the next generation.

What's Holding Us Back?!?



Work Overload

Long working hours & Migration disconnects.



Urban Chaos

Too much traffic and fast-paced city life.



Screen Addiction

Phones and Devices stealing our time.



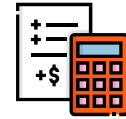
Social Demands

Community obligations and norms.



Education Stress

Exam/marks focused Education system.



Economic Stress

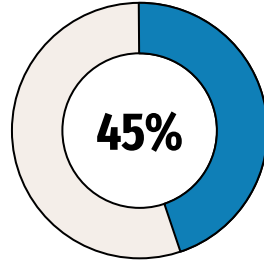
Financial struggles and prioritize work.

Impact On Families and Children



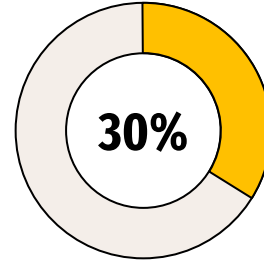
Family Disconnect

Families feel disconnected due to the lack of family time.



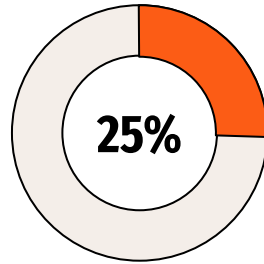
Increasing Stress

Increase in stress linked to insufficient family interaction.



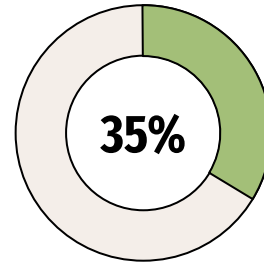
Child Behavioral Issues

Rise in extreme behavioral issues among children.



Higher Depression Rate

Increasing rates in children with low parental time.



Reclaiming Our Family Moments

Flexible Careers

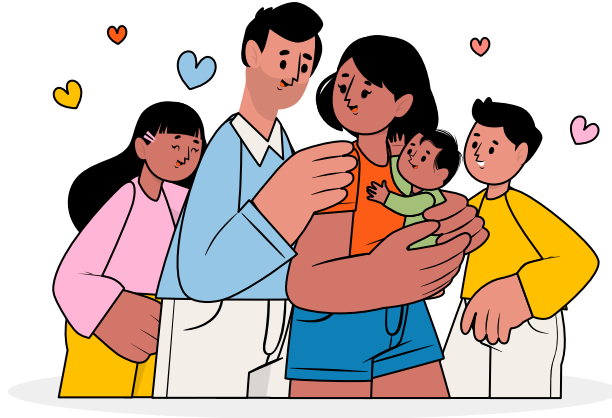
Choose jobs with more flexible hours.

1

No Screen Rituals

Set device-free family meals or evening.

2



3

Balanced Education

Limit coaching hours to free up family evenings.

4

Selective Socializing

Decline non-essential events/rituals for family.

6

More Awareness

Take personal actions and guide others.

5

Cultural Bonding

Share/Celebrate stories and visit heritage sites.

Concluding: Where World Change Starts

“If you want to change the world, go home and love your family.”

~ Attributed to Mother Teresa

Better Family Life

Stronger families create happier, more fulfilling lives.



Better Youth & Nation

Family time nurtures youth for a stronger Bangladesh.



Thank You     

