

Some people believe that when busy parents do not have a lot of time to spend with their children, the best use of that time is to have fun playing games or sports. Others believe that is best to use their time doing things together that are related to schoolwork.

It is absolutely undeniable that nowadays people are struggling with their hectic lifestyle especially parents who have limited time to spend with their **adolescence**. Although some people believe that parents should make quality time with their offspring by undertaking kids' assignments, I strongly believe otherwise maintaining that having insufficient time with children only **compensates** by playing games. I feel this way for some several reasons which I will explore at length in the subsequent paragraphs.

To Begin with, playing games with kids has positive effect on their health. In other words, families by doing physical activities with their juvenile can get anxiety away from them **therefor** by providing mental health the children's physical health will be achieved. My personal experience is a compelling example of this fact. When I was **8** my parents were extremely busy with their jobs and they worked out of **the** town for **3** years and I **grow** up with a babysitter in that time. Even though we could only spend **weekends** with each other, in my final exams break my parents returned home and we usually **playing** games or **taking** a trip. As result, doing these activities with my parents **cheer** me up (**charged me up**) for a while due to the fact that it **relieves** my stress which **is** conducive to making great results in my exams. Therefore, it goes without saying that, parents should do various activities except studying with their offspring in free time to preserve **kids'** health.

Secondly, parents by doing sports with **adolescence** in their leisure time can impact on their relationship. In simple terms, families and

their offspring can bond with each other efficiently by playing games. For instance, my friend whose busy parents got **divorce** when she was 14, got depression. Thus, her family decided to play football every weekend which **make a contribution to get** him ride from gloom. In fact if it had not been for **these** free time when they allocated to football, he would not have been able to overcome loneliness and depression. Hence, as is clear parents by spending time on playing games with their children make stronger relationship.

To recap, on the basis of the reasons mentioned above I behoove parents to invest their free time in playing games and sports **by** juvenile to prevent health disorders and making stronger **bond**.