

a happy & healthy family

Create your own traditions.

Plan a few meal and play times that your family can repeat - Sunday Spaghetti night, Evening walks, Friday Game night, reading bedtime stories together. These are special times to create family bonds.

Have family routines.

Prepare 3 meals each day at about the same times. Sit down with your children while you eat. Talk about what you're going to do during the day. These routines make a child feel safe and loved.

Stop and listen.

When your child is talking, look her in the eyes and listen. Turn off the television. Put down the cell phone. **Your child will learn that it's important to listen to others.**

Laugh together.

Be silly and laugh with your child. Simple problems can go away with a little humor before they become big problems. Laugh at the situation and yourself.

Show your love.

Give your child a smile, hug, or high five. Tell your child that you love him, and are proud when he does something good.



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