

celebrate national
Family month

FAMILY

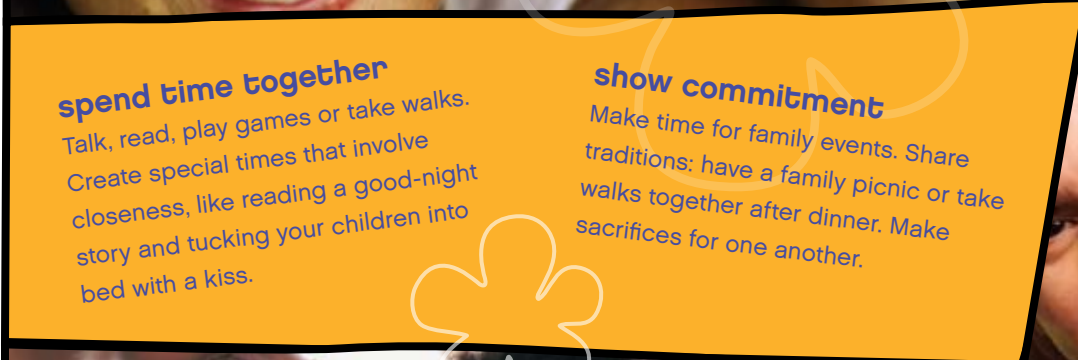


show love & affection

Children need to know their parents love them. Show caring by saying "I love you" or "I'm happy we're in this family together." Show affection in other small ways by giving hugs or enjoy remembering family stories.

communicate

Talk to one another about important decisions. Share feelings as well as day-to-day activities at school or work. When there are conflicts, cool down before responding. Talk about possible solutions and work together to carry out the best one.



spend time together

Talk, read, play games or take walks. Create special times that involve closeness, like reading a good-night story and tucking your children into bed with a kiss.

show commitment

Make time for family events. Share traditions: have a family picnic or take walks together after dinner. Make sacrifices for one another.



grow through crisis

Even bad experiences can bring about good changes and help you to become closer. Use these experiences to learn and grow. Admit problems instead of hiding them and seek help when needed.

have fun

Plan family trips or parties. Know that laughter is important and use humor to help reduce stress. Family members laugh with one another, not at one another.

build trust

Build trusting relationships by following through with promises.