



STRONGER FAMILIES STRONGER COMMUNITIES

 National Families Week

15-21 MAY 2022

WWW.NFW.ORG.AU

Celebrating
the importance
of families for

20
YEARS

Celebrating
the importance
of families for

20
YEARS



TOP 10 TIPS

STRONGER FAMILIES STRONGER COMMUNITIES

 National Families Week

- 1** Take the time to play and have fun with your family.
- 2** Build connections with older relatives and community elders.
- 3** Appreciate your family and community – everyone matters!
- 4** Encourage each other and offer support.
- 5** Participate in local events and get to know your community.
- 6** Celebrate achievements, large and small.
- 7** Be generous with your time in your family and in your community.
- 8** Reduce your stress – remember you need time out too!
- 9** Do something with your family that helps others.
- 10** Take time out from technology and enjoy family time together.