



# National Families Week

Celebrating  
the importance  
of families for

**20**  
YEARS

TOP 10  
TIPS





1

Take the time  
to play and  
have fun with  
your family.

TOP 10  
TIPS

Celebrating  
the importance  
of families for

20  
YEARS

STRONGER  
FAMILIES  
STRONGER  
COMMUNITIES



National Families Week

2

Build connections with older relatives and community elders.



TOP 10 TIPS

Celebrating the importance of families for

20 YEARS



STRONGER FAMILIES STRONGER COMMUNITIES



National Families Week

3

Appreciate  
your family  
and community  
– everyone  
matters!



TOP 10  
TIPS

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20  
YEARS



STRONGER  
FAMILIES  
STRONGER  
COMMUNITIES



National Families Week

4

Encourage  
each other and  
offer support.



TOP 10  
TIPS

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STRONGER  
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STRONGER  
COMMUNITIES



National Families Week

5

Participate  
in local events  
and get to  
know your  
community.



TOP 10  
TIPS

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National Families Week

6

Celebrate achievements, large and small.



TOP 10  
TIPS

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STRONGER  
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National Families Week

7

Be generous  
with your time  
in your family  
and in your  
community.



TOP 10  
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National Families Week



8

Reduce  
your stress  
– remember  
you need time  
out too!



TOP 10  
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National Families Week

9

Do something  
with your  
family that  
helps others.



TOP 10  
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National Families Week

10

Take time out from technology and enjoy family time together.



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