



# National Families Week

@HOME

Celebrating  
the importance  
of families for

**20**  
YEARS

# TOP 10 TIPS





1

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

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**STRONGER  
FAMILIES  
STRONGER  
COMMUNITIES**

TOP 10  
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2

Build connections with older relatives and community elders.



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3

Appreciate  
your family  
and community  
– everyone  
matters!



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4

Encourage  
each other and  
offer support.



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5

Participate  
in local events  
and get to  
know your  
community.



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6

Celebrate achievements, large and small.



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7

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



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8

Reduce  
your stress  
– remember  
you need time  
out too!



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9

Do something with your family that helps others.



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10

Take time  
out from  
technology and  
enjoy family  
time together.



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