



National
Families
Week

TOP 10
TIPS





1

Have fun with
your family
and create
time to play.

TOP 10
TIPS

LIVING
REAL
DREAMING
BIG



National Families Week



2

Take time out from technology and enjoy family time together.

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National Families Week



3

Appreciate your family, friends and community – everyone matters!

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National Families Week

4

Regularly
check in with
each other
"how was
your day?"

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5

Do an exercise or relaxation class as a family group, or play a team sport.

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6

Celebrate
your family's
achievements,
large and small.

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7

Have confidence
in your abilities
and celebrate the
positive aspects
of family life.

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8

Ask others
for support to
navigate the
challenges.

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9

Help and
support others
whenever
you can.

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10

Build
connections
and learn
from others.

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