



CELEBRATING FAMILY DIVERSITY & CONNECTIONS



National Families Week

13-19 MAY

www.nfw.org.au

Supported by the



Australian Government
Department of Social Services

Go to www.dss.gov.au for more information

FamiliesAustralia



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 National Families Week

- 1** Create time to play, and have fun with your family.
- 2** Use technology in a way to connect with each other.
- 3** Appreciate your family, friends and community – everyone matters!
- 4** Regularly check in with each other “how was your day?”
- 5** Do an exercise or relaxation class as a family group, or play a team sport.
- 6** Celebrate your family’s achievements, large and small.
- 7** Have confidence in your abilities and celebrate the positive aspects of family life.
- 8** Ask others for support to navigate the challenges.
- 9** Help and support others whenever you can.
- 10** Build connections and learn from others.