



National Families Week

TOP 10
TIPS





Create time
to play, and
have fun with
your family.

LENDING
A HAND
TO THRIVE:
SUPPORTING
EACH OTHER



National Families Week

Use technology
in a way to
connect with
each other.

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Appreciate your
family, friends
and community –
everyone matters!



**LENDING
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TO THRIVE:
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Regularly check
in with each other
"how was
your day?"

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

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Celebrate
your family's
achievements,
large and
small.

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

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Ask others
for support to
navigate the
challenges.

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Help and
support others
whenever
you can.

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Build
connections
and learn
from others.

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