



# National Families Week



## LENDING A HAND TO THRIVE: SUPPORTING EACH OTHER

- 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.

An initiative of

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