

- 1 Join a local community group and participate in local events.
- 2 Encourage each other and offer support.
- 3 Value everyone's contribution to family life.
- 4 Do something with your family to help others.
- 5 Take time to talk with, and listen to, family members.
- 6 Respect the differences in your family.
- 7 Ask for help when you need it.
- 8 Celebrate your family's achievements.
- 9 Build relationships with older relatives and community elders.
- 10 Keep active and eat well together as a family.

TOP
10 TIPS

STRONGER
FAMILIES
STRONGER
COMMUNITIES

National Families Week

