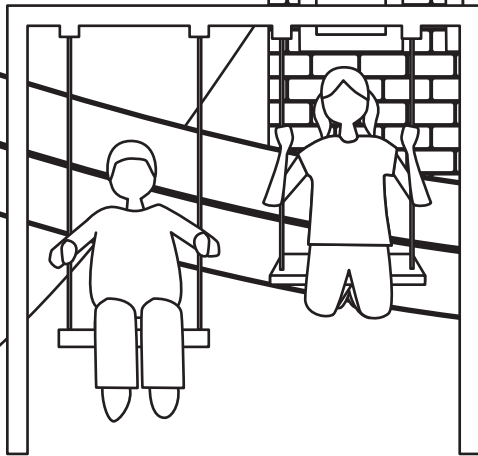


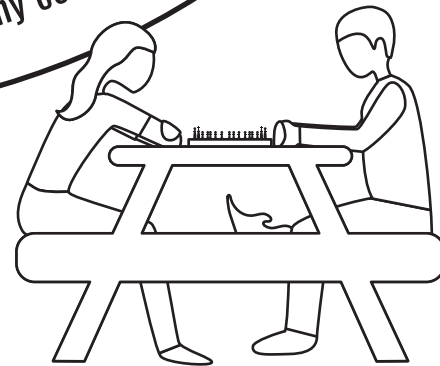
Explain the situation so everyone understands and knows what to expect.

Talk about problems and brainstorm solutions together.



Healthy communication builds family resiliency.

When times are busy, use a car ride to talk.



Laughing together is a great way to feel close.

A hug may be more powerful than words.

Listen with understanding and empathy.

SIMPLE CONNECTIONS
stronger families

