

SIMPLE CONNECTIONS

stronger families

Be part of your child's activities and school community.

Find creative ways to connect with family (call - Skype - facetime - social media - visit).

Celebrate the small, good things that happen each day.

Making mistakes is ok. Talk with your child about what they have learned.

It is a sign of strength to ask for and accept help.

HOME SWEET HOME

Be a cheerleader for the children in your extended family.

Positive parenting builds family resiliency.

Help your child understand and express their emotions.

Ask your family elders to share their life stories.

family's resiliency

Decide on rules and consequences and stick to them.

Apologize when you are wrong.

Create a family photo album together.

Connections to extended family builds your

Plan events for the whole family to celebrate.

Families provide a source of comfort and security.

All families are unique and will cope differently with challenges.

Take 3 deep breaths to help manage strong emotions.

Say hello to each person you pass today.

Family resiliency is your family's ability to cope with life's challenges and to bounce forward from difficult times.

Write down 3 things you are grateful for.

Take a 10 minute walk every day.

Do something for yourself today.

LIBRARY

Relationships with caring, supportive people are important for your family's well-being.

What are your family's strengths? Nurture them to help your family thrive.

Taking care of yourself helps your family be resilient.

Eat together as a family whenever you can.

Learn about your family's culture and traditions and practice them often.

Be kind to yourself.

Every family has problems. Getting through them together makes your family stronger.

Daily rituals like bedtime stories are comforting.

Work together as a team to make decisions.

Celebrate good news together.

It's ok to disagree. Be kind and respectful when you do.

Play a game together instead of watching a movie.

Take turns planning a weekend family activity.

A sense of togetherness builds family resiliency.

COMMUNIPLEX

Take time to relax together.

Be honest about your feelings and listen openly to each other.

Positive, healthy relationships

build family resiliency

Show love and affection in the ways your partner likes.

Volunteer for an activity you like or service you care about.

YOUTH CENTRE

Explore the programs in your community and share what you find out with others.

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.

Attend or organize an event in your community.

Invite your neighbours to go to the park.

Laughing together is a great way to feel close.

A hug may be more powerful than words.

Call 811 for health information. Call 211 for community services and supports.

Listen with understanding and empathy.



www.YLLMYHOME.com



www.AHS.ca/amh