

# QUICK TIPS

## Family Togetherness

### Share a positive perspective

Look for the positive. Start a gratitude jar or ask your family to share one thing they are grateful at dinner to help focus on the positive.



### Avoid emotional contagion

Pay attention to the emotions in your home and limit interactions with people who increase fear and anxiety for your family.



### Laugh whenever possible

Laughter draws people together and produces a general sense of well-being.



### Try something new

Brainstorm fun activities or projects you can do together such as a family camp out in the living room or starting a new creative project.



### Be kind to one another

Focus on love, compassion, empathy, and kindness. Remember that you are on the same team. Respect each other's needs, emotions and space.



### Check In Daily

Have a plan for daily check in time with your kids. This provides the opportunity to share emotions. Normalize both big and small emotions.



### Stay connected to others

Even though we are physically distant, social connection and interaction is still so important. When we feel connected to another person, we feel happier and calmer.



### Create a family routine

Having a routine provides daily predictability and can help your family know what to expect and look forward to.

