

If you would like more information please contact: Compass Counseling, LLC (608) 745-4900

Keeping Families Healthy

- ❖ Eat meals together-With full schedules, we often eat meals on the run. Try to eat at least one meal together a day.
- ❖ Create Rituals-Schedules get filled up with after school events...try to create your own family after school activities instead of separate ones.
- ❖ Stay active-get outside and play together!
- ❖ Develop common interests and goals. Bring the kids into the planning and find out what they would be interested in doing, and help them achieve it together!
- ❖ Show affection and be considerate of differences, be flexible and understand that children and families are constantly changing.
- ❖ Keep your promises to each other, and admit when you make a mistake!
- ❖ Manage individual stress-take care of yourself first, so you can take care of your family. Don't bring your work stress home with you, and keep your marriage healthy too!
- ❖ Talk with your children, and listen to them-ask them open ended questions about their day and their interests.

"Families are the compass that guides us.

They are inspiration to reach great heights, and our comfort when we occasionally falter."-Brad Henry