



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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Download additional tools and activities and learn more at ymca.net/healthy-family-home

QUICK START KIT: GET TOGETHER



Take Time to Get Together

Strong relationships are one of the cornerstones of health and well-being. Few relationships are as important as those between adults and children when it comes to helping kids learn, grow and thrive.

KEY HEALTHY HABITS

► Give the Special Gift of Time

Special one-to-one time helps develop and strengthen the important adult-child relationships in a healthy family home. Children need adult time and attention like they need healthy food and playful activity. When it is missing, kids will find other ways to ask for adult time and attention often resulting in negative behavior and stress on the relationship. Most of the time it takes some planning, but the thoughtful gift of your time is one of the things that will help your child learn, grow and thrive.

► Make Family Time a Priority

One of the greatest gifts you can give to your family is the time that you all spend together. In today's world, too many families are go, go, go all of the time resulting in too little time spent together. Try to find an hour a day during which your entire family has an opportunity to connect and share.

FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, we will try out family board game night on _____ (day).
2. This week, I will invite my child out on a special date night.
3. This week, I will try to learn three new things about my kids.
4. This week, we will commit to eating dinner together at least _____ times.
5. This week, we will take a 30-minute family bike ride.

Our own: _____

Use the Healthy Family Home progress tracker to keep tabs on your goals.



PROGRESS TRACKER



PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



EAT HEALTHY

OUR GOAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



PLAY EVERY DAY

OUR GOAL

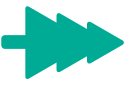
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GET TOGETHER

OUR GOAL

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GO OUTSIDE

OUR GOAL

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SLEEP WELL

OUR GOAL

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Learn more at: ymca.net/HealthyFamilyHome

