


Building Family Belonging

<p>Create your own family routines/ rituals</p>	<p>Offer hugs or high-fives</p>	<p>Let your child help pick family activities</p>
<p>Share what each person brings to the family</p>	<p>Think of projects that can be done as a family</p>	<p>Talk about things you have in common</p>
<p>Plan consistent check-in times at meals on the way to school</p>	<p>Tell family stories together to connect with the past</p>	<p>Hang up photos of family members</p>
<p>Set aside time for family rituals cooking together an annual outing storytime</p>	<p>Let them teach you something</p> 	<p>Schedule time with each child; 10-15 minutes can make a difference!</p>



**The
ON OUR SLEEVES[®]
Movement**

For Children's Mental Health



**Nicklaus
Children's
Hospital**

Where Your Child Matters Most