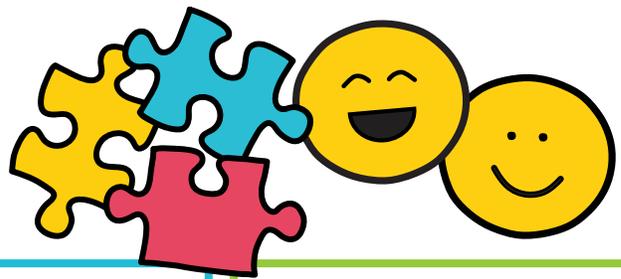
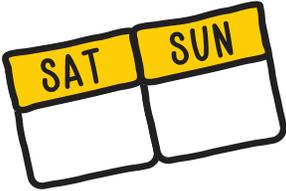


# Building Family Belonging



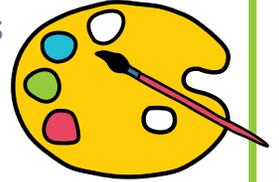
Create your own family routines/rituals



Offer hugs or high-fives



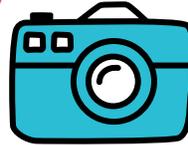
Let your child help pick family activities



Share what each person brings to the family



Think of projects that can be done as a family



Talk about things you have in common



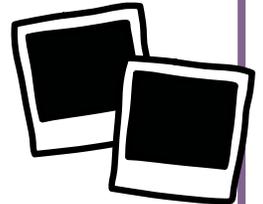
Plan consistent check-in times

- at meals
- on the way to school

Tell family stories together to connect with the past



Hang up photos of family members



Set aside time for family rituals

- cooking together
- an annual outing
- storytime

Let them teach you something



Schedule time with each child; 10-15 minutes can make a difference!