• **ORGANIZE** a family fun day.

• **SHARE** the best and most challenging parts of your day.

• **ADD** 5 healthy foods to your grocery list.

• **TALK** it out! Write questions to discuss over family dinner.

• **GET** moving together.

• **ROLE** play! Act out scenarios to discuss sensitive or uncomfortable topics.

• **WIND** down before bed to get 8 hours of sleep.

• **BE** an “askable” parent. Let your kids know they can come to you about anything.