

Happy Families:

1. Show respect even when they disagree

There is a right way and a wrong way to settle a fight. Hitting each other is always wrong. Using hurtful words is always wrong. You don't have to agree about everything.

2. Take turns talking and listening

It is fun to know what everyone is thinking. Don't interrupt or make fun of others when they say something you don't agree with.

3. Share the chores

Instead of dreading chores make a game of it. See who can finish first or whose room is cleanest. Cleaning time can double as music time. Turn up the music or better yet sing! Do a little everyday then your room won't be so hard to clean. Ask your parents what you can do to help instead of waiting to be asked. This makes parents very happy. Warning: It might even make them faint!

4. Play together

Parents stay very busy. Playing together doesn't have to mean a video or board game. You can make a game out of anything. How about playing I Spy, Tic Tac Toe, or telling stories or jokes.

5. Give hugs everyday

Don't just get hugs be a hugger!

6. Learn to apologize and to forgive

Everyone makes mistakes sometimes. The first person to apologize always feels better about themselves. Practice saying, "I'm really sad and I'm really sorry for what I've done." It makes it easier to say when you really mean it.

Forgiving means you choose to overlook and forget when someone hurts you. When someone says

they are sorry believe them. Their actions will show if they were being honest.

If someone physically hurts you, tell an adult even if they ask for your forgiveness.

7. Do things together

Being together is important. You don't always have to do things that cost money. Go for walks. Read together or read to a younger brother or sister. Cook together. Visit parks, nature refuges, libraries, museum, church, or extended family. Looking at old family photos is always fun.



8. Protect each other

Parents protect you by taking you to the doctor and dentist. Knowing where you are at all times is a parent's job. When you are playing outside check in with your parents.

Parents aren't always going to be around so remember when you are alone never talk to strangers and never tell a stranger on the phone that you are home alone.

If you go online tell your parents if someone asks you for your name or where you live. Not everyone online is who they say they are. Protect yourself and your family by not telling about yourself or your family to anyone online.



April is Child Abuse Prevention Month
Celebrate your happy family!