FAMILY RECIPE CARD

Ingredients:

- ★ Family of any sort or size
- **†** Laughter
- **†** Play
- ★ Love and affection
- **†** Listening to one another
- **★** Sleep
- **†** Encouragement
- **#** Boundaries

Method:

- * Sprinkle as much laughter as you can throughout the day
- riangleright Play with your children, ask them what they would like to do
- ★ Use love and affection liberally
- Take time to listen to how everyone is
- Make sleep a priority for children and you!
- tencourage one another when it feels tough
- tet your yes mean yes and no mean no!



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