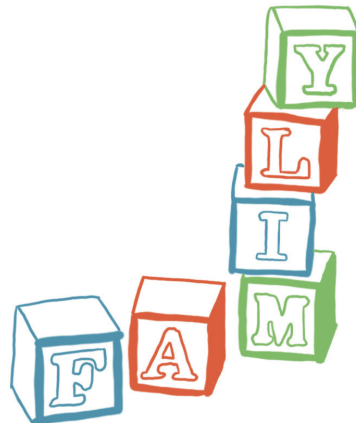


FAMILY RECIPE CARD

Ingredients:

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



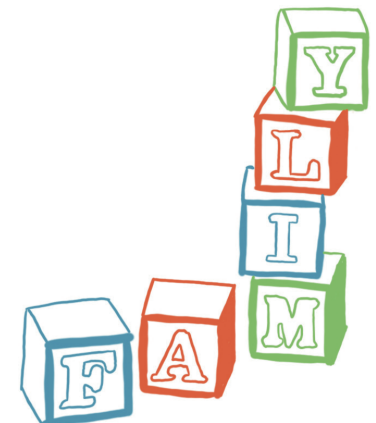
Method:

- ★ Sprinkle as much laughter as you can throughout the day
- ★ 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!
- ★ Encourage one another when it feels tough
- ★ Let your yes mean yes and no mean no!

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