

Family Belonging Builders



Set aside time for family rituals like cooking a meal together or storytime.



Create space for one-on-one parent-child time.



Develop a sense of shared meaning by telling family stories together.



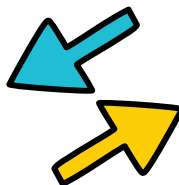
Select activities together.



Schedule regular family check-in times.



Start a fun tradition with roles for every family member.



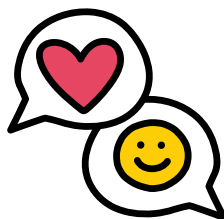
Find things in common.



Work on family projects together.



Ask for a hug or high-five.



Share observations about what gifts each family member has.



Hang up photos of family members.

Visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)
for more resources!

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The Kids Mental Health
Foundation



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