

Happy & healthy families have these 5 habits



Eat one meal together

**Foster a sense of belonging,
trust & communication skills.**

**Create healthy relationship
with food by eating healthy.**



Limit screen time

Diminish screen time before
sleep and during meals.

Educate kids about
privacy and cyber bullying.



Be active & proactive about healthcare

Spend time outdoors together. Value being fit and active, not just exercising.

Stay on top of regular health check-ups.



Have schedules, responsibilities & chores

Make family tasks a part of family values.

Teach responsibility & accountability.



Exercise gratitude & forgiveness

Don't miss a chance to express appreciation, small or big.

Don't hold grudges.
Let go and forgive.



WoW is there for you and your family!



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