



ABCs to Strengthen Families

Appreciate your family

Be involved

Communicate - share hopes, fears and dreams

Dedicate time to each family member

Educate each other about safety

Facilitate - help each other

Graduate - encourage each other to stay in school

Hesitate to be mean, rude or hurtful

Indicate you trust one another

Just love one another

Kind and affectionate

Liquidate negativity

Mediate - help solve problems

Negotiate - talk to resolve differences

Operate as a family

Participate in discussions

Query - ask if you don't know how someone feels

Respect one another

Stimulate learning

Terminate negativity

Understand it takes effort by everyone

Vary the ways your family exercises

Wait - don't be in a hurry to do what can't be undone

eXhilarate! Make your family cheerful

You make a difference!

Zap conflicts with communication

