

Here are some great ways to “octopi” your time and build protective factors:

Bake cookies for a neighbor, volunteer, or donate to the Webster Food Cupboard.

Cook breakfast together.

Take a nature walk on one of Webster’s many trails.

Eat a meal together and discuss your day.

Stargaze on a clear night & share your dreams.

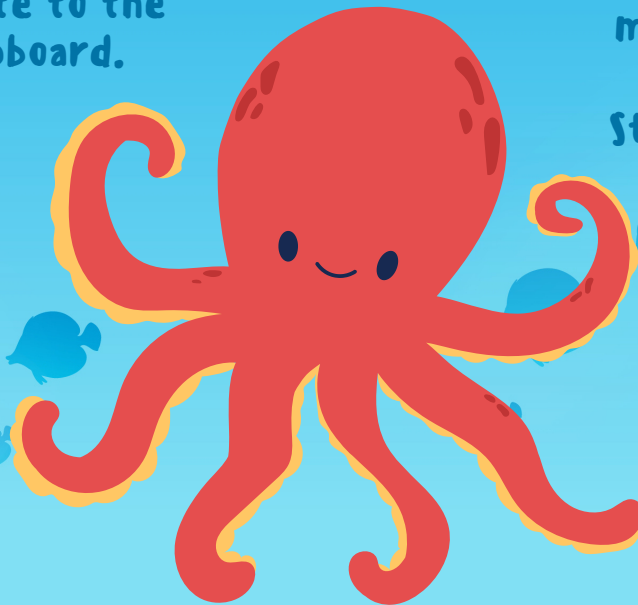
Have a family game night, dance party, or jump roping contest.

Try family yoga! Or any free exercise class you like on YouTube.

Read to each other from library books.

Safely dispose of unused meds at the 4/27 Take Back Event.

Visit the lakefront and collect a few special rocks.



“Protective factors are conditions or attributes in individuals, families, and communities that promote the health and well-being of children and families.” - ChildWelfare.gov. It matters less what you do, and more how you do it: be together without screens for distraction; do more listening than talking; discuss how the activity makes kids feel so they learn how to de-stress on their own. Get started with some great conversation tips.



PARENT INFO

when

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