



Building Family Belonging

Create your own family routines/rituals	Offer hugs or high-fives	Let your child help pick family activities
Share what each person brings to the family	Think of projects that can be done as a family	Talk about things you have in common
Plan consistent check-in times at meals on the way to school	Tell family stories together to connect with the past	Hang up photos of family members
Set aside time for family rituals cooking together an annual outing storytime	Let them teach you something	Schedule time with each child; 10-15 minutes can make a difference!



**The
ON OUR SLEEVES[®]
Movement**

For Children's Mental Health

Wolfson 
Children's Hospital