

JANUARY 2011

Prevent Child Abuse Illinois' 20 Ways

20 Family Resolutions for the New Year

Help make New Years Resolutions a success by making the commitment together as a family.

1. Set aside one night per week as family night.
2. Spend at least 20 minutes each day talking as a family.
3. Work together on household chores.
4. Read together as a family at least once per week— even if your kids are older.
5. Eat dinner together at least one night a week.
6. Laugh together as a family every day.
7. Practice good money management skills helping children learn to save and spend money wisely.
8. Work together on a special family project.
9. Look at family photos regularly.
10. Listen to older family members tell stories about the family's history.
11. Volunteer time, resources, or both to a charity that serves children and families.
12. Learn about a new culture as a family.
13. Deal with any unsettled family business to promote peace in your life.
14. Connect with other families around you to build relationships and positive support systems.
15. Encourage each other with praise rather than being critical.
16. Let children make appropriate decisions for themselves to promote responsibility.
17. Hold family meetings to solve problems, share good news and plan fun events.
18. Discipline with love, patience and understanding.
19. Make it OK to talk about feelings (even bad ones).
20. Think of 20 ways that your family can connect over the next year.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



PREVENT CHILD ABUSE ILLINOIS

528 South Fifth Street
Suite 211
Springfield, Illinois
62701

Phone: 217-522-1129
Fax: 217-522-0655

www.preventchildabuseillinois.org
www.facebook.com/#!/preventchildabuseillinois