

20 Family Resolutions for the New Year

Prevent Child Abuse Illinois

Every year, thousands of people tackle the annual ritual of making New Year's resolutions. Some resolutions succeed and some don't. One of the secrets to New Year's resolution success is making the commitment together as a family. This year, we are calling on all families to make a commitment to each other as they build their New Year's resolutions. Here are 20 suggestions for New Year's Resolutions for 2010 (in recognition of Prevent Child Abuse Illinois 20th Anniversary). Pick one or several that are right for your family.

We as a family resolve to:

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 a 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 wisely
8. Work together on a special family project
9. Look at family photos regularly
10. Listen to older family members tell stories about our 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 friendships 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 the bad ones)
20. Think of 20 ways that your family can connect over the next year



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Preventing Child Abuse... We Can Succeed!