



THE FAMILY TREE

New Year's Resolutions for the Entire Family

- Make sure it's a resolution that all family members agree to.
- Keep your resolution realistic and attainable.
- Decide together how you will choose the activities that you will do together. Consider allowing each family member to pick one activity.
- Have fun! This is the best way to get all family members to join in.
- Make some rules about your time together. All cell phones, televisions and computers must be turned off!

Keeping New Year's resolutions can be challenging. Remember that keeping your resolutions takes time and patience. Make this year count and whatever you do, have fun with one another.