

## Blurbs Family Wellness 2020 – Ages & Stages – Email Blurbs

### Week 1

Changes in family life are inevitable. Learning to see change as an opportunity for growth can build your family's resilience. Use a 3-step approach to turn toxic stress into tolerable stress.

### Week 2

It's difficult to let go of expectations - we want the best for ourselves and our family. But expectations have a way of interfering in happy and healthy relationships. Are you expecting too much? One of the greatest gifts that we can give our family members is acceptance.

### Week 3

Family life can feel like a roller coaster! Are you enjoying the ride? Building a family culture adds purpose to parenting and helps to smooth the ups and downs.

### Week 4

Sometimes we get so busy we forget to have fun. Connect with your partner, children, or self through the power of play. We've got some fun ideas waiting for you!