



Family time is important time.

Finding time to spend together as a family can be difficult. But it's important to spend time together to help build self-esteem, nurture positive behavior and create memories.

See the reverse side for more about family time.



Family time is important time.

Here are some ideas that can make spending a time with your family a meaningful experience.

- Have dinner together as a family.
- Leave a message in your child's backpack or lunch box.
- Plan a family game or movie night.
- Plan an excursion to the zoo or a museum.
- Spend time volunteering with your children to introduce them to the idea of giving back to the community.
- Celebrate family traditions and milestones.
- Create a family tree and explain the connections your family has to one another and their importance.

For more information, visit [cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

