



FAMILY MATTERS

Spend quality time with those you care about most.

When You're Headed Outdoors

- Play hide and seek
- Visit a park
- Ride bikes or take a walk

During the Day

- Play mini-golf
- Hike trails
- Work in a garden

When You're Staying In

- Play card games or board games
- Create an indoor obstacle course
- Make inexpensive arts and crafts

For the Night Owls

- Look at the stars
- Make healthy snacks and have a movie night
- Talk about your day

YOUR WELLBEING ACTIVITY

PLAN FAMILY ACTIVITIES

Spend time with those closest to you and complete a different activity each week.



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Fun Family Activities

01

They Call It “Quality Time” for a Reason

Time passes by much faster than you think, but that doesn't mean it's easy to fill an open weekend with the kids. It's also easy to put off afternoon and evening plans when the day to day grind gets you down. Have relaxing, simple fun with your kids (and maybe wear them out a little bit, too) with a few of these activities:

When You're Headed Outdoors

- Play hide and seek
- Visit a park
- Ride bikes, roller blade or walk around the neighborhood
- Walk a pet or a neighbor's pet
- Play active games in the backyard

When You're Staying In

- Play card games or board games
- Create an indoor obstacle course
- Make inexpensive arts and crafts
- Plan a treasure hunt
- Build a fort
- Play dress up or use your imagination

During the Day

- Play mini-golf
- Hike trails
- Work in a garden
- Visit a museum or sculpture garden
- Take a class together
- Visit a farmer's market

For the Night Owls

- Look at the stars
- Catch fireflies
- Make healthy snacks and have a movie night
- Camp indoors
- Simply talk about your day

Monthly Activity

Plan Family Activities

Spend time with those closest to you and complete a different activity each week.





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Children's Health

02

Children's Health: Best Practices for Managing the Chaos

Raising children usually also means having an unhealthy reliance on Google. Do they need to go to the doctor? When should they start to walk or lose their baby teeth? Can they eat day old French fries from under the couch? What if they already did?

While unforeseen circumstances will always arise—that's part of the fun—there are a few things you can keep in mind to reduce your worries. Here are best practices for taking your children to unscheduled doctor visits:

- Fever over 102 degrees
- Unexplained weight loss
- Significant changes in mood or sleeping patterns
- Rashes or highly irritated skin
- Difficulty breathing
- For minor falls and other small accidents, use your best judgment



Are your kids frightened of going to the doctor's office?

Help ease their fears:

1

Remind them you will be by their side the entire visit.

2

If shots won't be required, remind them they don't need to worry about it. If shots are required, do your best to distract them and keep spirits up to minimize the pain of the poke.

3

Remind them that checkups do not mean anything is wrong.





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Eldercare

03

Take Extra Care with Eldercare

Eldercare is a broad term that can mean different things depending on the senior who needs it. Below are some tips for providing lasting comfort to seniors in your life who are still able to support themselves but might be slowing down a bit in one or more areas. For more specific guidance about advanced health issues, consult a medical professional.

1 Ergonomic chairs and other supportive furniture.

Ergonomic chairs provide great lumbar support and the adjustable features (height, arm rests, seat depth) can make a big difference in boosting comfort and daily mobility. If going up and down stairs has become a concern, you may also consider installing a chair lift.

2 Encourage frequent checkups and knowledge of key health numbers.

Knowing your basic health numbers—blood pressure, weight, cholesterol, triglyceride level, etc.—and checking up on them frequently will let seniors know if they need to take immediate action to preserve their health. In addition, a regular doctor will be able to stay on the lookout for signs of cognitive decline.

3 Step up the fight against infection.

Keep boxes of antibacterial wet wipes located conveniently around the house and use them often. Infections become more and more difficult to fight off as we get older!

4 Footcare and proper posture.

Taking care of your feet becomes more difficult as you get older and can lead to other health problems. Encourage a doctor's visit if an elder in your life has blisters, sores or infections that won't heal, or if you suspect circulation is a concern. Similarly, poor posture can lead to preventable joint and hip problems if it is not corrected in time.

5 Stock the pantry.

If it's difficult for a senior in your life to make it to the store, help them out by stocking their cupboards and freezer with non-perishable, healthy foods they enjoy and can prepare easily, as well as fresh fruits and vegetables.





Recipe

04

Vanilla Blueberry Pop

A simple and sweet way to stay cool during the summer.

INGREDIENTS

- 2 cups vanilla Greek yogurt
- 2 cups frozen blueberries
- 2 teaspoons honey
- ¼ cup milk

Note: You need popsicle molds to complete this recipe.

INSTRUCTIONS

1. Combine ingredients in blender and blend until smooth.
2. Fill each popsicle mold with the blended mixture and place in the freezer until completely frozen (approx. 3-4 hours).

Total Time (Cook and Prep):

10 minutes

Servings: 10



NUTRITION INFO

(per serving)

69 calories

1 g fat

5 mg cholesterol

16 mg sodium

12 g carbohydrates

1 g fiber

4 g protein

