

HealthReach Community Health Centers

August 2018

August is...

National Family Fun Month!

To celebrate, here are a few ideas for fun activities to do with your family...

- ◆ Build a fort (outside or in)
- ◆ Go for a bike ride together
- ◆ Visit a local park or public library
- ◆ Go for a hike
- ◆ Cook a meal together
- ◆ Camp in your backyard
- ◆ Go on a picnic
- ◆ Look for free concerts, movies, or other events in your community
- ◆ Play board games or do a puzzle
- ◆ Run through the sprinklers (at home or at a playground)
- ◆ Blow bubbles
- ◆ Teach your pet a new trick



Spending time with family has been shown to help children and grandchildren with social and emotional development!

Resources:

<https://parentingjourney.org/2017/08/01/family-fun-month/>
<https://www.babble.com/kid/august-is-family-fun-month-31-ideas-to-celebrate/>
<https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/mhsection35351.pdf?la=en>
<https://www.acped.org/3-benefits-of-family-fun>