

# Why Family is Important

Friends come and go, but family is forever. Spending time with your family is important. This is why.



## 1. You can help each other

Life isn't always good. When things get difficult, families can help each other. Celebrate the good times together and keep the connection going, so it will be easier to share your problems with your family when you need to.

## 2. You will feel happier

Families are different from friends. Share your stories with your children, your sisters and brothers, parents and grandparents. Take time to have fun and laugh together. You will feel much happier!



## 3. It's good for your health

We all need to feel that we belong and are part of something. If you take care of your family, they will take care of you. You will not be alone, and neither will your family. You can help each other stay in good health and feel less stressed.

Of course, not all families are good together. If there is someone in your family who is causing problems and you need help, get advice from someone you trust.

If you make the time to be with your family, you will be doing something good for your children, and their children, in years to come.



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