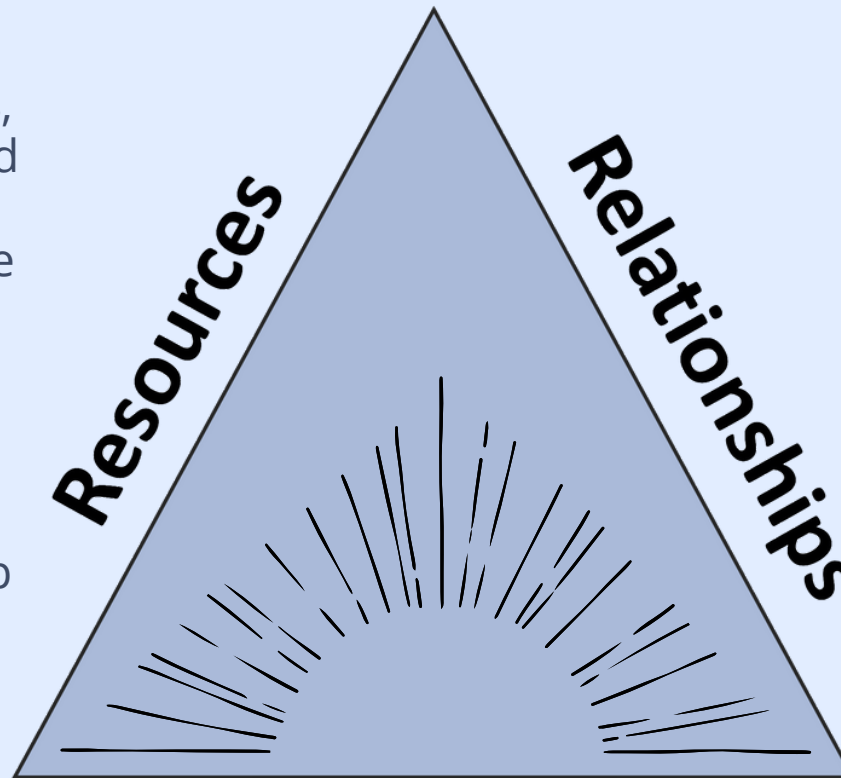


What Families Can Do:

The 3 R's of Support

Access to **resources**, such as childcare and mental health supports, can reduce stress [physical, mental, and emotional] enable job stability, and facilitate skill development to help people grow.



Positive relationships can increase the hormone oxytocin, providing a sense of well-being.

Social connections normalize experiences, increase belonging, and improve mood.

Routines

Establishing **routines**, including sleep habits, meal times, school, sport and art activities, reduces decision making fatigue, which frees the brain to make complex decisions, which in turn helps children, youth and adults thrive.