



Practise Good Mental Health

**YOUR FAMILY
NEEDS YOU...**



Love, attention and responsibility are the key ingredients in creating a happy family. Every member of the family plays an important role in achieving happiness and harmony.

1

Help out with the daily household chores



2

Manage your time wisely.
Spend time together with your family



3

Instil spiritual and moral values within the family

4

Pay attention to your child's social life.
Get to know their friends





5 Participate in your child's activities

6 Practise mutual respect and understanding within the family

7 Understand the limitations of each family member. Show appreciation for their efforts



To build a happy and harmonious family, every member of your family must learn to be loving, attentive and responsible

