

# Laughter is Important!



Families that laugh together...

- feel more connected to each other through laughter
- are less stressed.
- have children that are healthier.
- help children be successful in life!

## Tips for Parents/Caregivers:

1. Remember to be a role-model. Your children are watching you and how you respond.
2. Help your children to see that you do not need to laugh at the expense of other people. You don't need to be mean in order to have fun together.
3. Find something fun that brings you joy and laughter and share that with your children.
4. Encourage family fun time as having fun can help with feelings of stress that your family might be having.

