



NATIONAL RESOURCE CENTER *for*
HEALTHY MARRIAGE *and* FAMILIES



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Healthy Summer Family Fun

A Note from the Director

Greetings,

If you've ever flown on an airplane, you've heard the flight attendant give a safety briefing before take-off. When explaining the use of the oxygen mask, they always remind us that when traveling with children, you need to put your mask on first, then theirs. It seems counter-intuitive as a parent but is actually quite logical. If you lose consciousness, you will not be able to help your child. Think of the oxygen mask scenario as a metaphor for self-care in general. If you don't take care of yourself mentally and physically, it's very difficult to have the capacity to care for others. Increasing physical activity, reducing stress and maintaining an

overall healthy lifestyle will not only make you feel better, but also improve your relationships. I hope you'll find the tips and resources listed below helpful to you and the families you serve.

Best Regards,

Robyn Cenizal, CFLE
Project Director

Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

You can help your family have fun and be healthy this summer. Use these tips from the National Institutes of Health to learn how you can spend time together and fit physical activity into your summer:

- **Start small** by taking an evening walk, playing tag, or walking to a friend's house.
- **Try new things**, like a new sport, active video games, or a dance or sports class.
- **Plan group events** that get people together and moving like dancing or having a jump rope contest.
- **Explore your community** to find free or low-cost programs to help you and your family move, such as parks and recreation or YMCA programs.

You can find more tips like these within the National Institutes of Health's We Can! [Tip Sheet](#).

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Why Good Health Matters in Relationships**

This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and

wellbeing, benefitting individuals and promoting stability for couples and families.

- **Strong Relationships, Strong Families Curriculum Module II**

This first chapter of the Resource Center's *Strong Relationships, Strong Families* Curriculum Module 2 discusses the importance of caring for one's own mental and physical well-being, including the interconnection between self-care and healthy relationships.

- **Social Service Providers Have Families Too**

This fact sheet reminds us that social service providers need special care. Safety-net service providers work in emotionally charged, high-stress occupations. This can lead to burnout. However, daily tending to physical and mental health can prevent burnout, increase productivity and the ability to handle challenges, and help strengthen personal relationships.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **Child Welfare Virtual Expo 2018: Fostering a Healthy Workforce, July 12, 2018**

The Capacity Building Center for States, a service of the Children's Bureau, invites you to participate in this year's Child Welfare Virtual Expo. This event aims to develop agency capacity and programs that foster healthy work environments for child welfare professionals. You and your colleagues can experience the benefits of an in-person conference from the comfort of your desk through this digital learning opportunity. Join the Expo by computer, tablet, or smartphone on Thursday, July 12, to: hear dynamic presentations from program directors, frontline workers, and leading experts in workforce recruitment, retention, and development; chat and exchange ideas with your peers across the country and across program areas; participate in learning activities that help transfer ideas to practice; download tools and resources to use in your work; and join interactive games and online competitions that make learning fun.

- **National Council of Juvenile and Family Court Judges 81st Annual Conference, July 22-25, 2018**

Join the National Council of Juvenile and Family Court Judges in Denver, Colorado for their 81st Annual Conference that features presentations on current and cutting

edge topics that will inspire, provoke, and precipitate discussions about issues facing the juvenile and family court system. Plenary sessions highlighted by topic specific training tracks on family law, juvenile justice, child welfare, and family violence; as well as tracks featuring practical and innovative solutions are just the beginning of the educational offerings of the NCJFCJ's 81st Annual Conference.

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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