

FAMILY & FRIENDS

Our families form the foundation for our lives. Strong connections with these groups affect our health and well-being. Families also form the foundations of our communities. Families aren't just parents and kids. They are also the people we choose to build or lives with – friends, pets and extended family.

Here are some actions you can take and things to think about when considering what you and your family can do to create thriving lives.

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Prepare you and your family for any emergency.

Being prepared for an emergency consists of simple actions such as keeping a 72-hour kit ready to go and having emergency contact information, including out-of-state family members, printed and distributed to your family. It also includes being aware of the types of emergencies you may experience in your area and what to do for each one.

If your family is prepared for an emergency, you will be much more likely to survive the disaster and recover from it faster. When planning for emergencies, don't forget about your pets!

How to prepare:

There are many excellent resources available to help you plan. The Summit County Family Emergency Preparedness Guide is available for free and provides the necessary information you need to plan for an emergency. You can download it at summitcountyhealth.org or call 435-333-1503 for a printed copy.

Sign up for the Reverse 911 system for your mobile phones so that you may be notified by phone of an emergency in your area. For those who live or work in the Park City Municipal limits, please visit parkcity.org and go to the "Emergency Notification Phone Registry" page within the Emergency Management section of their site.

For those who live or work in Summit County (including Park City residents), go to summitcounty.org and on the main page, click the blue button at the bottom of the page that says "Code Red." From there you will be directed to the Sheriff's Office page to register your mobile phones.

First steps:

Download or pick up the **Summit County Family Emergency Preparedness Guide** and understand what the threats are in this area. Put together your family's 72-hour kits and keep them in a place where they are easily accessible.

Emergency Planning Resources:

- The Summit County Family Emergency Preparedness Guide is a great planning resource. Visit www.summitcountyhealth.org to download a copy or call 435-333-1503 for a printed version.
- FEMA – Ready.gov; www.ready.gov



*Being prepared for an emergency
benefits your family, community,
health and economy.*

*"...there's no harm in hoping for the best
as long as you're prepared for the worst." ~ Stephen King*



Spend time together as a family.

Spending time together can provide your children with feelings of love, support and safety. This time together can also improve the quality of your marriage – families aren't just composed of a parent and children but of spouses as well.

When you spend this time with your children you provide opportunities for them to learn new and proper behaviors and skills. This time also gives everyone a chance to get to know each other better and strengthen the bond as a family.

Do things that involve the whole family with no other distractions. Watching TV as a group doesn't count nor does playing video games. It should be face-to-face time, free of electronics and on a regular basis.

*“What can you do to promote world peace?
Go home and love your family.”
~ Mother Teresa*

How to spend more time with your family:

It can be a challenge with our busy schedules to find the time to do some of the things listed. But just try and fit them in a couple times a week. Hopefully in time, these actions will become daily routines.

- Have dinner together as a family. Bring the kids in to help cook and then have everyone help clean up. Keep the phones and TV off and enjoy talking with one another.
- Have a family game night at least once a week. The games can be inside playing the good, old-fashioned ones like Monopoly® or Sorry®. Or take it outside for tag, basketball, a snowball fight or anything else you can play together.
- Go for a walk or bike ride around your neighborhood together. Not only will you all get some good exercise, but you will have a chance to interact with your neighbors.

First steps:

Start with one night a week. Turn off all screens (TV, computer, cell phones) and play a game or cook and eat dinner together.



*“While we try to teach our children all about life,
our children teach us what life is all about.”
~ Angela Schwindt*

Family Time Resources:

Dinner Time:

- Family Meals Spell S-U-C-C-E-S-S, Purdue University;
www.cfs.purdue.edu/cff/documents/promoting_meals/spellsuccessfactsheet.pdf
- The Family Dinner Project;
www.thefamilydinnerproject.org
- Family Weekly Meal Planner, DinnerPlanner.com;
www.dinnerplanner.com

Family Night Activities:

- Family Activities, Parents.com;
www.parents.com/fun/activities
- Games, FamilyEducation.com;
fun.familyeducation.com/games/33076.html
- Family Fun Night Ideas, SheKnows.com;
www.sheknows.com/parenting/articles/842477/50-family-fun-night-ideas-for-families



*Spending time with your family
helps not only your family but your
community, your economy
and your health thrive.*



Make education a priority.

Research has shown when families are involved in their children's education they get better grades, are more likely to graduate from high school and then go on to college, and are better behaved in class. When parents can be involved at the school, they have the opportunity to understand their child's daily activities and bring their experiences to the school as well.

Sit down every night with your children and work on their homework with them. Be engaged in their schools, know their teachers and volunteer if you can.

Adults can benefit from their own learning experiences as well. When we are learning something new, we are developing new skills and gaining new knowledge. We are also improving our over-all health thanks to our brains developing new internal connections. Plus, it's fun!

How to prioritize education:

Here are some easy ways parents can be involved in their child's education:

1. Read together.
2. Use TV wisely. The more TV a child watches, the lower their academic achievement levels.
3. Establish a daily routine that includes homework time.
4. Talk to your child about their day and talk with them about what happened in class, both the good and bad things.
5. Set high expectations for your children and help them when you can.
6. Keep in touch with the school. Find out how your school and its teachers share information with the parents and be an active part of that conversation.

Parents and adults can further their own knowledge through these avenues:

7. Read and learn about people and places you hadn't before.
8. Learn a new craft or hobby.
9. Take a class from a local school or university on a topic that interests you.

*"Education is the most powerful weapon
which you can use to change the world."*

~ Nelson Mandela



*When education is a priority,
our families, community, economy
and health all thrive.*



Don't compare yourself or your family to others.

We often compare ourselves to others. We think they have more than us, are better looking, or their kids are smarter and better behaved. Or, on the flip side, we view others and believe we are better off or that our children are the ones that are smarter. It is important to avoid these comparisons – both good and bad.

We can end up feeling inferior based upon our perceptions of someone else's life as compared to our own. These comparisons can lead to low self esteem, anxiety, financial issues, family troubles and loneliness. When we feel superior to others, we can come across as egotistical and critical. This can lead to anxiety and social isolation as well.

More importantly, we aren't focused on our real identity and embracing who we truly are and embracing that individuality.

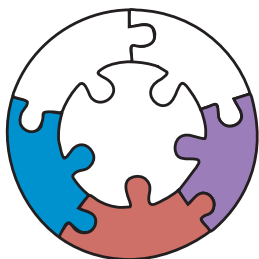
How to not compare:

Here are a few steps you can take to stop comparing yourself and your family to others:

1. First of all, recognize that these comparisons are not healthy.
2. Realize everyone is different, especially ourselves, and that NO ONE is perfect.
3. Compare yourself only to yourself and focus on personal improvement.
4. Don't be afraid to be yourself. Embrace who you are.

First steps:

Whenever you catch yourself comparing your life to others, stop and be grateful for what you have and who you are. Then do what you can to eliminate those comparing thoughts from your head.



When we stop comparing ourselves to others our family, economy and health all thrive.

*“Why compare yourself with others?
No one in the entire world can do a better
job of being you than you.”
~ Unattributed*

*“Comparison is the death of joy.”
~ Mark Twain*



Have meaningful goals as an individual and as a family.

When you have goals in life, you have direction and something to strive for. From daily goals of exercise to weekly goals of spending time together to long-term goals of financial security, setting and achieving them can have a big impact on our well-being.

Researchers have found that “People who strive for something significant, whether it’s learning a new craft or raising moral children, are far happier than those who don’t have strong dreams or aspirations.” (*Yes! Magazine*)

Setting goals can help you visualize what you want to be as a family and an individual. It can help you organize your time and resources so that the things you do on a daily basis have meaning.

“You are never too old to set another goal or to dream a new dream.” ~ C.S. Lewis

How to set and achieve your goals:

Here are simple steps that you and your family can take to set and achieve your goals.

- 1. Decide what you really want** as individuals and as a family.
 - Setting goals requires that you know what you want in life and by when. Be clear on what you want, and develop a plan to get there.
- 2. Start small, and keep at it.**
 - Goals don’t have to be big. When they are set too high, they could be overwhelming and you may give up. Realize that some goals may be dropped, but keep making them.
 - For the big goals, set them but also include the small goals you will need to achieve to reach the big ones. Even the greatest athletes started with beginning lessons.
- 3. Set goals in small increments** that include time or date, amount or other details.
 - By breaking down your goals in to smaller, achievable units, you are more likely to achieve them.
- 4. Be positive when stating your goals.**
 - Instead of saying “I won’t do ___,” say “I will do ___.” For example, instead of saying “I won’t eat anything bad for me today,” say “I will choose healthy food today.”



5. Spread out your goals.

- Instead of just creating goals that have only to do with one area – money or weight loss – spread them out through various aspects of your life like work, health, family, personal development and money. Make them small and achievable.

6. Don't underestimate yourself.

- We sometimes set our goals too low out of a fear of failure. Be aware of your low expectations of yourself.

7. Write them down.

- When you put your goals down on paper you are confirming your willingness to make them come true. This list is an effective reminder of what you need and want to do. Keep this list where you can easily see it and continually remind yourself of what you want.

8. Now take action.

- Look at your list on a daily basis and imagine what you will feel like or how things will look when you have achieved the goal.
- Be sure that every action you take or decision you make moves you in the right direction towards achieving that goal.

*“If you want to live a happy life,
tie it to a goal, not to people or things.”
~ Albert Einstein*

*“If you don't know where you are going,
you'll end up someplace else.”
~ Yogi Berra*



*Setting and achieving goals can help
us thrive with our families,
the environment, our health, our
community and our economy.*

*“A year from now
you may wish
you had started today.”
~ Karen Lamb*

So let's get to work ...



Goal Worksheet

Use this worksheet for each goal. And when you have achieved it, keep the sheet as a reminder of all your hard work and accomplishments.

Goal	
Family Member	
Why this goal is important:	
Steps I need to take to reach this goal: <i>(remember to use positive steps – I will, not negative – I won't)</i>	
Milestones / dates for achieving parts of or the whole goal:	
What else do I need to reach this goal:	
Who can help me reach this goal:	



Adopt a pet.

If you are looking to expand your family with a new pet, adopt one from the local shelter instead of buying one from a pet store or a breeder.

Puppies that we see in stores or sold by breeders have many times been bred in puppy mills where the conditions can be horrible. Puppies and their mothers are kept in small, dirty cages with little care. (*Human Society*) Other animals can also be bred under similar conditions.

When you adopt a pet from the shelter, not only are you saving their life, but you are also NOT supporting some of these inhumane breeding practices.

Other benefits of choosing your newest member of the family from the shelter include:
(*Humane Society*)

1. Most pets end up homeless through no fault of their own - “moving” and “landlord issues” are the top reasons people give for relinquishing their pets, meaning shelters and rescue groups are full of wonderful, family-ready pets.
2. The cost of adopting a pet at an animal shelter is usually inexpensive compared to buying one from a breeder or pet store. Often animals adopted from shelters have already been neutered or there is some economic incentive to have the animal neutered. Most of these animals have also been wormed and vaccinated.
3. Adopting a companion animal from a shelter means you are helping, and not contributing to the pet overpopulation problem.
4. Adopting a mature dog or cat means that you do not have to go through the demanding stage of raising a puppy or kitten.
5. With a mature pet you have a good idea of the animal’s temperament and you know the animal’s adult size, hair coat, etc.
6. Mature pets are often house-trained (although some mistakes will likely occur until the animal is used to his/her new family, home and routine) and may even have some basic training.
7. Providing the animals get along, an adopted pet can be good company for other pets.
8. Shelter animals have beautiful temperaments and want to please their new people.

*“Saving the life of one animal may not change the world,
but the world will surely change for that one animal.” ~ Unknown*



How to chose and bring in your newest family member:

Before you bring home your new pet, here are a couple of things to consider:

1. What kind of pet will work best in your household?
2. Do you have enough time to devote to the daily needs of your new animal, especially a dog?
3. Can you afford a new pet, including food, vet costs and other care?
4. Is anyone in your home allergic to the animal?
5. Would you adopt an older animal?

When you are ready, visit the local shelter or adoption center. Listed below are a few places in Summit County and Utah where you can save an animal's life and enhance your family.

“We can judge the heart of a man by his treatment of animals.” ~ Immanuel Kant

Local and State-Wide Pet Adoption Centers:

- Friends of Animals, 435-649-5441;
foautah.org
- Summit County Animal Control, 435-336-3985;
summitcountyanimalcontrol.org
- Utah Animal Adoption Center, 801-355-7387;
utahanimals.org
- Humane Society of Utah, 801-261-2919;
www.utahhumane.org
- Best Friends Animal Society;
www.bestfriends.org

Additional Information on Pet Adoptions:

- Adopting or Rescuing a Dog, Pet Wave;
www.petwave.com/Dogs/Basics/Adoption.aspx
- Adoption Tips, ASPCA;
www.asPCA.org/adopt/adoption-tips
- Adoption & Pet Care, American Humane Association;
www.americanhumane.org/animals/adoption-pet-care/



Bringing an adopted animal into our homes can have a positive effect on our health, our family, our economy and the community.



Consider your family size.

If you are in a position to plan the size of your family, consider having a smaller family instead of a large one. More and more families are opting to have just one or two children and finding that there are a number of great reasons to have fewer children.

Here are some of the benefits to having a small family:

- Each child receives more attention from the parents.
- Children in small families, especially first and only children, tend to succeed more with school and personal achievement than do children of larger families.
- It is much less expensive to raise a small family than a large one.
- It is easier for both parents to combine careers with family life.
- The general stress level is lower because there are often fewer conflicts and less rivalry.
- Smaller families with fewer children have less of an impact on our global and local resources including schools, water, food and so on.

How to think about your family size:

When it comes time to plan your family, truly consider the following things:

- Your current and future income. Kids cost money, lots of money. Will you be able to realistically afford them?
- Will both parents have to work or can one stay at home?
- Does the planet need another person on it?
- Will there be jobs, a place to live, clean air and water to breath when these children grow up?

The USDA estimated in 2011 that the cost of raising a child born that year to age 17 in a middle-income family would be \$235,000, not calculating for inflation.

“Instead of controlling the environment for the benefit of the population, maybe we should control the population to ensure the survival of our environment.” ~ Sir David Attenborough

Resources and Information on Smaller Families:

- Cost of Raising a Child Calculator, USDA;
www.cnpp.usda.gov/calculatorintro.htm
- United Nations Population Fund;
www.unfpa.org/public/
- Family Planning, Summit County Health Department;
www.summitcountyhealth.org/adults/family-planning/



Having a smaller family will help not only our families thrive but also the environment, our community, economy and our health.

