

# Healthy Homes

# What does a Healthy Home look like?



- Both Mother and Father help each other and raise children together
- Extended family help when needed to support each other
- Speak in a caring voice and use kind and loving words, not angry and hateful words. If you think you will be violent, step away and cool off then return and talk it out. If you don't agree with each other don't hurt each other, seek help
- Use actions that show you care, not physical violence
- Pay attention to each other and be patient, don't ignore or avoid each other

- Do things together:
  - Have family time such as meals together with extended family
  - Go grocery shopping together
  - Do an outdoor activity together such as camping, sliding, picnic
  - Play with your children, read them books
- Teach you children instead of punishing them. Praise them when they do good so they learn good behavior and explain to them what they did wrong so they understand why it is wrong

# Arviat Wellness Center

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