

Family meals allow your young child to focus on the task of eating and give you a chance to model good behaviors. It may take a little work to bring everyone together for meals. Start eating meals together as a family when your kids are young and it will become a habit. Plan when you will eat together as a family. You may not be able to eat together every day but try to have family meals most days of the week. A meal together doesn't have to be the evening meal. Sometimes lunch may work better for your family. Breakfast together can be a great way to start the day!



TODAY'S FUTURE

Safety Tips for Walking

Walking is good for your health, and it's good for the environment too. Below are tips and helpful reminders to make your walks both fun & safe.



Leave word. Tell somebody or leave a note at home about where you plan to go and how long you plan to be out.

Identify yourself. Walk with proper ID, and carry a cell phone with emergency contacts visible.

Don't wear headphones. You need to be able to hear approaching vehicles and be aware of your surroundings.

Use the sidewalk. If a sidewalk is available, walk on the sidewalk.

Face traffic. It's easier to see and react to oncoming cars. Drivers will see you more clearly too.

Make room. If traffic gets heavy, or the road narrows, be prepared to move onto the shoulder of the road.

Be seen. Wear high-visibility, brightly colored clothing. When out near or after sunset, reflective materials are a must.

Pretend you're invisible. Don't assume a driver sees you.

Watch the hills. When they crest hills, drivers' vision can suddenly be impaired.

Beware of high-risk drivers. Steer clear of potential problem areas like entrances to parking lots, bars, and restaurants.

Source: <https://food.unl.edu/free-resources/newsletters/family-fun-run/safety-tips-walking>