

# TODAY'S FUTURE

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!



## 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>