

Thank you

300K

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**RAISING CHILDREN WITH
LOVE, JOY AND RESPECT**

Family Wellness Map in 4 Dimensions
By Anna Mary Expert Parenting



Family Wellness Map in 4 Dimensions



Caring for our family means caring for every dimension of life: body, mind, heart, and relationships.



PHYSICAL

nutrition, exercise, rest

- Eat fruit every day.
- Take a 15-minute walk together.
- Go to bed at the same time.



COGNITIVE

reading, learning, curiosity

- Read together.
- Ask: What did you learn today?
- Celebrate curiosity.



SOCIAL

healthy relationships, empathy, communication

- Practice gratitude.
- Solve conflicts with respect.
- Give more hugs.



EMOTIONAL

mindfulness, calm, inner connection

- Take 3 deep breaths together.
- Name the feelings we experience.
- Practice moments of shared silence.

*"Together, we are raising a generation with kindness, wisdom, and courage.
With love, joy, and respect always — Anna Mary Expert Parenting."*

