

POSITIVE PARENTING

MAHONEY
FAMILY
FUND



THE MAHONEY FAMILY FUND IS DEDICATED TO HELPING CHILDREN AND FAMILIES THRIVE IN A POSITIVE ENVIRONMENT. KIDS GROW AND LEARN WHEN THEY FEEL SAFE AND LOVED. PARENTING IS A TOUGH JOB AND WE'RE HERE TO HELP.

DE-STRESS IN MINUTES

- PUT ON NOISE CANCELLING HEADPHONES
- LEAVE THE ROOM OR STEP OUTSIDE AND COUNT TO 20
- SHAKE OUT YOUR HANDS
- GRAB A PILLOW AND SQUEEZE
- TENSE EVERY MUSCLE IN YOUR BODY FOR 10 SECONDS; LET GO AND SLOWLY EXHALE - REPEAT 2 OR 3 TIMES
- SPLASH WATER ON YOUR FACE

For more information contact Maureen Mahoney at mahoney.maureen@gmail.com and visit mahoneyfamilyfund.com.

