

## SAFE HOMES NETWORK GINGERBREAD CONTEST!

WIN **\$250!**

(value in cash & prizes)

It's a great way to get the family together and as always, there is no entry fee. For contest guidelines and to submit your entry, go to [www.FHCoalition.org](http://www.FHCoalition.org) and click on the Gingerbread House!



ENTER ONLINE BY FRIDAY,  
DECEMBER 6TH!

**Good Luck and have FUN!**

### Parenting Matters: Holiday Traditions

- \* As a family, talk about what you like and dislike about the holiday season. Your kids may surprise you: some really enjoy annual traditions while others get bored with them. Allow them input to establish new and revise older traditions.
- \* Discuss with your kids the importance of traditions and why certain customs are important to pass down through the generations. The trick, however, is to balance meaningful traditions and new activities.
- \* Bring your sense of humor. Some kids and teens are more willing to participate in family events if they sense fun and humor.
- \* Consider spending part of your holiday break helping others by doing a family service project. Participating in a worthy cause helps build one's self esteem while creating lasting memories.

THE FOUNTAIN HILLS COALITION  
WISHES YOU AND YOUR FAMILY A JOYOUS HOLIDAY  
SEASON and a **HAPPY, HEALTHY 2014!**

