



# SCHOOL YEAR'S RESOLUTIONS FOR PARENTS

**A new school year is a good time for you to hit the restart button too. After all, this is the true “new year” for families, and possibly a chance for you to recharge with the kids finally back in school. Maybe you want to set some new goals for healthy eating, family togetherness, or carve out more ‘Parents Only’ time. Whatever your aspirations—write them down!**



-----  
-----



-----  
-----



-----  
-----



-----  
-----



-----  
-----



-----  
-----