**Make One Change—one small change can make a big difference!**

Here at Parent Hub Donegal January sees the launch of the 2018 Make One Change campaign inviting families to make some small change to their routine which could make a big difference to their life as a family. For some families it is a choice to make more time for family meals, sitting together round the table. That can make a big difference to family life, taking time to catch up with each other, hearing what is going on, noticing how people are feeling. We also notice our food more when we sit down to eat rather than grabbing food on the run or eating in front of the TV. That means we may eat more healthily and be less likely to overeat—all good reasons to sit down together!

Last year families chose to-

 Get out and do more as a family

 Go for a walk—healthy, free and a great way to unwind

 Improve communication—listen more, make time for conversation

 Have a games or movie night

 Make time for laughter and fun

 Eat more healthily, keeping treats for the weekend.

What is important is that a family thinks about what small change could make a big difference to them—and then commit to making it happen! Forms to sign up for Make One Change 2018 will be available from January through all the primary and secondary schools in the County as well as through Family Resource Centres and Community based projects. The form will also be available on line on our website www.parenthubdonegal.ie

Every family that signs up for Make One Change will be entered into a free draw. We have some great prizes including lunch vouchers for hotels, passes for family swim, cinema and play centre trips, as well as vouchers for an adventure activity in the Gartan Outdoor Education & Training Centre and annual passes for Ards Forest Park. Other exciting prizes for 2018 are an amazing overnight family glamping experience in the Wild Atlantic Camp in Creeslough and another for the beautiful yurts in Portsalon Luxury Camping. We are grateful to all our sponsors for their generosity. As they say, if you’re not in you can’t win so make sure your family signs up for the Make One Change 2018 challenge! For information on Make One Change, Parenting Programmes and services you can find us on line at **parenthubdonegal.ie** on Facebook and Twitter or phone us on **087 1736667**