



Learning About Me & My Family

A “family” is a group of people who are related, connected, or care for each other. Families give children a sense of belonging and help children learn about people and the broader community. Help your child learn more about his/her family:

Infants & Toddlers

- Hold and cuddle your baby often. Feeling secure and loved is how every baby learns to form relationships with you and other people.
- Talk with your child about the photographs you have in your home. Who is in them? Talk about similarities and differences among the people in your family.
- Help your child make a book about his family. Include a drawing of each family member and talk about what makes them special.
- Make animal families using play-doh. Have animal cookie cutters of different sizes available for your child to use.
- Establish “Family Time” – time spent together as a family. “Family Time” activities could be nightly bedtime stories, dinner together, neighborhood walks, or playing board games.

Preschoolers

- Create family traditions (things that you do often or on an annual basis). They don't have to take a lot of time or be expensive. Make a favorite meal on your child's birthday, view the parade and fireworks on July 4th, ask each family member to say something they are thankful for before Thanksgiving dinner, or watch movies and eat popcorn as a family on Friday night. Traditions create a sense of belonging for your child.
- Talk about your ancestors – their names, how and where they lived, special events, or customs (things passed down from one generation to another). These give your child a sense of family pride.
- Share the values that are important to you. Talk about the ways these values are reflected in your family's day-to-day life.

Book Suggestions

Are You My Mother? by P.D. Eastman • The Kids Family Tree Book by Caroline Leavitt • Who's Who in My Family? by Loreen Leedy