

## Key Message ...

### Make Time for Family and Traditions

#### Play

##### Fun ideas for playing together as a family:

- The family birthday hat (*when it's your birthday you have to wear it for dinner*)
- Friday night family game night
- Sunday morning snuggles
- Reading stories before bed
- Share family history and stories

*The family that plays together ~ stays together!*

*Positive back and forth interactions (serve and return) build sturdy brain architecture.*

#### Grow

Plan to eat together. Research shows that eating meals together as a family has many benefits:

- Models healthy food choices
- Builds strong social connections & family bonds as you learn about one another



*Executive function skills help your child learn to focus, problem-solve, get along with others and manage their emotions.*

#### Connect

Spending time together will strengthen family relationships and:

- Promote social learning (taking turns, solving problems, getting along with others)
- Contribute to physical learning (strength, coordination, endurance)
- Build emotional wellness (adaptability, self control, confidence)

*Stress is a part of life and shapes the brain. Connect with and support your child to build a stronger brain.*

#### Shine

- Think about an activity that was special to you as a child and try it with your own children e.g. take a picnic to the park
- Start a new tradition e.g. make up a family dance or game
- Look at old photos together

Participate and enjoy the free community events for families in your community. Check your local Library, Recreation Center, Community Program Guide.

*Brains are not just born; they are built over time and continue to grow into adulthood. Early experiences build brains!*

#### Some resources in your community include:

Literacy for Life: [www.litforlife.com](http://www.litforlife.com) (403) 652-5090

Wild Rose Community Connections: [www.wildrosecommunityconnections.com](http://www.wildrosecommunityconnections.com) (403) 601-2910

Foothills Community Immigrant Society: [www.ccisab.ca](http://www.ccisab.ca) - High River (403) 652-5325, and Okotoks (403) 938-4699

