Monthly Activity

Help your child develop a strong sense of self and an understanding of empathy by sharing your family stories with them.

Tell Me Your Story

1. Start by finding a quiet time where you and your child can talk to each other without interruptions, possibly nap or bed time.

2. Share a positive story about your family or yourself as a child. Try to connect your story to something in your child’s life today.

Here are a few topics to get you started:
- a game you enjoyed playing
- a family tradition you loved
- a time you were silly
- what it was like when you were their age
- a fun school memory

Take a Break

Sometimes children can get wiggly, frustrated, or impatient while reading. When this happens - it’s okay to stop, put the book away and come back later when they are more settled and interested.