

# Family Friday

This is a day to *celebrate a child's most important influences*. Research indicates that when children see their parents interacting with teachers in a positive way and see them involved in school activities, children feel more secure and learn more. We are *partnering* with you at the CDC, and now at home! We also want to acknowledge and *respect the diversity* of each child's family and celebrate YOU.

## Activity Ideas

- ✓ Make a collection or collage of items that represent each family member. Include photos, drawings, stickers or small items that each person likes.
- ✓ Play a game as a family! Use up to 10 leftover drink bottles. Fill them with dirt, rocks, or a little water to make them heavier. Set them up like bowling pins and have a bowling night together.
- ✓ Take time to read together! Every member of the family can choose a book. Then snuggle up and take turns reading or telling the stories. You can also make a book about a special day you enjoyed as a family. Write down the events and everyone can contribute pictures to remember the special time together.
- ✓ Make rock families. Take a walk and have the children collect four or five different sized rocks to make a family. Bring them back and paint faces on them. Encourage them to make up stories about their rock families. For example, have them name their rocks and tell what each one likes to do. Help them expand their stories by asking questions.



## A Resource for Parents

You are your child's first teacher! Hope this article from the NAEYC website will be helpful in this time of juggling everything! <https://www.naeyc.org/our-work/families/childs-first-teacher>