

My Family is Unique: First Grade

Including your child in your family's cultural traditions and routines will help your child to:

- Understand her cultural heritage
- Value her native language
- Develop respect for diversity by understanding that traditions can be unique to each family and culture



Ideas to try with your child:

- Encourage your child to help plan and prepare a traditional dish for a family celebration. Discuss why some dishes may be prepared only on special occasions.
- Discuss family traditions with your child. What traditions do you have that are unique to your family? Why do you have them and how did they come about?
- Invite your child to interview a grandparent or great-aunt/uncle about family traditions when they were children.

If your child is struggling:

- With your child, create a calendar to mark your family's important events or celebrations.
- Help your child create a list of ideas of activities for a family night.
- Tell your child stories about your own childhood and things your family did together.

Going further:

- Teach your child to play board games or card games that your family enjoys or that you played as a child.
- Look for books about family traditions such as: *Creating Family Traditions* by Gloria Gaither and Shirley Dobson and *The Book of New Family Traditions* by Meg Cox.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children in First Grade** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Tell about a family or cultural tradition." About Me and My Family and Culture, First Grade, pg. 99