



Celebrating Family Traditions and Culture

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Our Family Traditions

Traditions my family practices or may want to try includes:

Daily traditions:

Keep:

Start:

Meals together:

Keep:

Start:

Weekly traditions:

Keep:

Start:

Shopping together:

Keep:

Start:

Seasonal traditions:

Keep:

Start:

Celebrations and/or Holidays:

Keep:

Start:

There are many benefits for families who practice family traditions. Circle or highlight the ones that are most important to you.

Strengthen family bonds

Support family resilience

Support my child's self-esteem

Support my child's sense of identity and belonging

Create good memories



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My Treasure Box

What my child/I liked best about this activity:

Someone else who might enjoy doing this activity with my child:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Encourage Me** by thinking about and saying positive things about your child and your relationship with them.
2. Invite your child to interact with you as you decorate the treasure box and talk about items or "treasures" you want to add and why they are meaningful.

As you have fun making the treasure box, you **MIGHT**:

- » Share with your growing baby about the different kinds of treasures you will add to the box for them (their hospital bracelet, first rattle, footprints, sonogram photos, baby teeth, a story about their birth, etc.),
- » Have back-and-forth conversations with your infant about the box and decorations by describing colors and pictures or counting and talking about simple shapes,
- » Invite your toddler to practice their tearing or cutting skills using child-safe scissors and paper to decorate the box with, or
- » Decide with your child on the best place to "hide" the treasure box and talk about special times to revisit it (weekly, on birthdays, when family members visit, etc.) or,
- » Encourage your child to use items from the box to count, match items that are similar or different, and describe their colors and shapes.

