PRAISE, AFFIRMATION, AND CARING

In strong families, family members love and support each other. Younger family members especially need to hear praise and affirmation from the adults in their lives if they are to develop positive feelings about themselves. But all family members need to know that the important people in their lives love and care for them.

It's easy to assume that our family members know we love them and that we care about what's happening in their lives. The activities in this chapter provide opportunities for showing support and encouragement.
Meaningful Messages
When life gets a little rough, it's good for family members to know that someone cares and that they can depend on someone for support and encouragement. In this activity, family members support and encourage each other by jotting notes to each other. Suitable for all ages.

Just the Two of Us
This activity helps family members plan for special one-on-one time between parents or caring adults and children. The two of you (one adult, one child) will brainstorm activities to do together and plan for them to take place. Suitable for all ages.

Bookworms
In this activity, family members read aloud together, or they may read individually together. Selections for individual reading could follow a theme, or parents could plan to read the newspaper while children read homework assignments. Suitable for age 8 and older.

Thanksgiving Year-Round
This activity encourages each family member to think about and thank other family members for the things they have done to make life happier. Suitable for all ages.

Family Banquet
It's good for families to reflect on each family member's achievements and also to think about what they have accomplished together. In this activity, a special family dinner—complete with an awards presentation—lets family members know their contributions, talents, and good qualities are appreciated. Suitable for age 5 and older.

School Days
This activity helps parents or adult caregivers and children discuss expectations and set goals for the coming school year. Suitable for age 5 and older.