



August

happyhome habits

the value of family

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once-a-day: dinner conversations

1

Spend time together talking about what matters most. Transform the dinner table into the place where you have fun and memorable conversations that give everyone a sense of belonging.

*the value of
Family*

What is one of your favorite family vacations and why?

*the value of
Family*

How would you feel to be all alone without any family?

*the value of
Family*

What does it mean to say that families come in all shapes and sizes?

*the value of
Family*

What is the best and the worst thing about your position (birth order) in the family?

happyhome habit 2

once-a-week: family fun night

Stop all the hustle and bustle and do something fun together.

Put family first by setting aside a day and time to just have fun: monopoly, bowling, hiking, a craft or cooking project.



Our Family Flag

Point out the American flag every time you see one with your children. Explain that the flag stands for our country and that it's one way to tell the whole world who we are. It also shows we're connected to each other as Americans. Because our flag is symbolic of many things, we treat it with respect. At home, study a flag more closely and explain to your children that each part of the flag has a meaning. The 50 stars stand for the 50 states. The 13 stripes stand for the 13 British Colonies whose citizens decided in 1776 that they wanted the freedom to govern themselves rather than be ruled by the King of England. Use construction paper, felt or fabric and select the colors together. Instead of stars, cut or embroider symbols that represent each member of your family—a favorite hobby (ballet, baseball, golf, gardening) or a characteristic (sweet, determined, hard-working, fun). Make sure every family member participates in the creation of your "Family Flag" since it is symbolic of the most important group in your life — your family.

happyhome habit **3**

once-a-day: treasured traditions

Share a simple family tradition. Many of our favorite childhood memories revolve around family holidays and vacations that we have repeated over and over again. Good smells, good feelings, good times. Family traditions are the building blocks of strong, caring, happy families because they create the memories that connect us forever.



Our Perfect Family Day 2008

very person in your family has a different idea of how they want to spend a day off. To make your Family Day truly enjoyable by all, you have to include something fun for everyone. Have each family member pick two things they would like to see included in the Perfect Family Day. Maybe six year-old Annie wants

waffles with whip cream for breakfast and a tea party with her bear friends. Little Johnny wants everyone to help him build a robot Lego, and then pepperoni pizza for lunch. Dad wants to go on a hike and have his favorite apple pie for dessert, while Mom chooses a movie with caramel popcorn, all cuddled on the couch together. Take a photo of each activity and collage them onto the card provided. Add personal anecdotes to bring the different "personalities" to life. Make it a family tradition to do this every year and create a book of Perfect Family Days for future generations to enjoy.

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once-a-year: your family story

Create a legacy of love to pass onto future generations. Dedicate one day a year to developing your own family's story. Write letters to your children. Ask older members of the family to share (write or record) their favorite life stories. Collect precious handprints or fill in a family recipe album. Make a family tree or a family album together as you reminisce over good times.

Use this booklet to record a personal story or life lesson that relates to Family. Share it with your family and talk about what that experience was like. Acknowledge behavior you see in your home that represents a commitment to family by recording them in your booklet. You will be surprised at how much the recognition means to family members of all ages.

*Life
Lessons...*
the Value of Family

happyhome habit **5**

once-in-a-while: Expressions of Love

Surprise someone you care about with a gesture of love. It doesn't take much to touch someone's heart, especially when it is unexpected. Leave love notes under a pillow, in a lunch box or taped to the steering wheel. Do a chore without being asked. Take the time to really listen and understand. Or send a card of appreciation to someone you care about. True gifts of love...

As a family, send a thoughtful note card to someone who has done something special for your family or who reminds you of the importance of family. It might be Grandpa, a friend or the nice neighbor next door. Perhaps they lent you money or helped out when your family was in a crisis, or offered to baby sit at the last minute. Perhaps they invite you to Sunday dinners and make you feel a welcome part of their family. A little appreciation goes a long way.



"A family portrait is only complete with love to fill its frame."

ONCE UPON A FAMILY[®]