

Strong Families Build Strong Students

STRONGER TOGETHER

Play Together
SEPTEMBER

Work Together
OCTOBER

Give Thanks Together
NOVEMBER

Eat Together
JANUARY

Learn Together
FEBRUARY

Celebrate Together
MARCH

PLAY TOGETHER SEPTEMBER

This month make a special effort to play as a family.

- ♦ Board games, parks, hiking, outdoor activities.
- ♦ Come Play with PTA. utahpta.org/come-play

WORK TOGETHER OCTOBER

This month spend some time with your family working on a project together.

- ♦ Clean up your yard for winter
- ♦ Organize your home
- ♦ Serve with United Way, “Just Serve” app, or a project with your school

GIVE THANKS TOGETHER NOVEMBER

This month, let your children hear you giving thanks. Invite them to think about who they are thankful for in their lives. This will teach them to find resilience and happiness.

- ♦ Take a moment to thank teachers, friends, neighbors, civil leaders, people who serve our community, and God.
- ♦ Gratitude is the foundation of happiness. Let your children hear you speak of what you are grateful for, and don't forget to express your gratitude for them.

EAT TOGETHER JANUARY

Studies show that when families have meals together, the children are less likely to have substance abuse issues and are more able to cope with mental health challenges.

- ♦ This month ask yourself what activities you can change or eliminate in order to have family dinner together.
- ♦ Make the needed changes.
utahpta.org/importance-family-dinner

LEARN TOGETHER FEBRUARY

This month, take time to engage at your child's school. Your children will notice where you dedicate your time. If you spend time involved in their education they will know you value it and they will learn to value it more.

- ♦ Attend a meeting at your child's school.
- ♦ Volunteer to help in an activity.
- ♦ Study with them, help them prepare for a test, read with them.
utahpta.org/take-your-family-school-week

CELEBRATE TOGETHER MARCH

Family traditions and celebrations help children have a sense of belonging. Start or continue family traditions. Help your children understand their heritage. This will give them roots that will allow them to flourish in the ever changing world we live in today.

- ♦ Share your family traditions with your child.
- ♦ Explore your heritage and share stories of ancestors.