

A Shared Family Activity

Those birds will love that peanut butter.



You're scooping out those seeds carefully.



Give your child the opportunity to feel like an important member of the family by involving him in shared activities.

Your child will learn group values and cooperation when participating in a shared activity.



Why this is important

You can help your child feel included in activities or hobbies that have value in your family's culture. He will value activities that make him feel good and that are important to your family. Having a specific job in a shared, family-valued task, such as filling the scoop with birdseed, lets your child feel needed, and he will feel satisfaction when he watches the birds eat the seeds that he helped to prepare. Participating in a shared task builds his understanding of why your family values the activity.

What you do

- Include your child in plans and events that convey your family's values. For example, when you feed birds, let him use his hands to mix the seeds in a large container. (Of course, choose whatever family activity is important to your own family.)
- Invite him to make something that is important to your family. For example, invite him to create a birdfeeder by covering a pinecone with peanut butter and then rolling it in birdseed.
- Talk to him about what he is doing. For example, describe the big and little seeds for big and little birds.
- Take time after he completes his task to sit together and share your thoughts about the event. *I know the birds are going to be happy to get these seeds.*

Another idea

Invite your child to draw a picture about the event. Let him tell you about what happened and what he did. You can record his words on his picture so you can re-read it with him later.

Let's read together!

The Great Trash Bash
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