

Family Life: Finding Fun in Everyday Routines

Check It Out

Abuela

by Arthur Dorros
(Grades 1–2)

A young girl's love for her grandmother makes her world feel magical, beautiful, and special as she imagines flying over Manhattan together with her abuela.

Alexander and the Terrible, Horrible, No Good, Very Bad Day

by Judith Viorst
(Grades K–2)

Alexander's day starts off bad and only gets worse as the day goes on, and nothing seems to improve it.

Diary of a Worm

by Doreen Cronin
(Grades K–2)

Worm details day-to-day adventures in this silly but revealing look at what a worm's diary might look like.

Kitao Goes Ice Fishing

by Margaret Nicolai
(Grades Pre-K–2)

Five-year-old Kitao is finally old enough to go ice fishing with his grandfather.

Knuffle Bunny: A Cautionary Tale

by Mo Willems
(Grades Pre-K–1)

Trixie loves to help with laundry until her beloved Knuffle Bunny is lost.

One Child, One Seed: A South African Counting Book

by Kathryn Cave
(Grades K–3)

The story of a seed is set against the backdrop of a South African village and the community that cares for it.

Activities

- Make a family calendar to record important family events. Include birthdays, family celebrations, appointments, holidays, etc. You can also create a journal calendar where you record the interesting things your family does each day.
- Play a game of "musical chores." Chores are work for everyone, but they can be fun if you turn them into a game and you work together. Clean up one room at a time. Assign everyone a task. Younger children can pick up toys or dust while others can take on larger tasks such as vacuuming. Turn up the music and change tasks every couple of songs. Move from room to room as a family until the chores are complete.
- Start a reading routine. Like brushing your teeth, reading should be a part of your lives every day. Choose a time that works best for your family, such as during breakfast or right after work or school. Try to read together at the same time every day for two weeks, and see if you develop a reading routine.

Table Talk

We all have days that are frustrating or difficult. It is helpful to be able to talk about stressful days. Have everyone share stories about the day. When a family member has had a challenging day, talk about ways to overcome those negative moments and help children to find resolutions for their own worst moments.

Family Field Trip

Turn a favorite family trip into a tradition. Build excitement around an event such as apple picking, going to the fair, or visiting relatives.