

Let's have a family party!



Family Literacy Week
January 21 - 28, 2024

Getting together for a family party can be so special. What can be more fun than planning, creating and getting ready for a party? Literacy activities are part of a party. Children can have fun and learn at the same time.

Let's plan a party! Pick out some favourite games, make some yummy food and maybe even dance a little!

Key Messages:

- **Bonding:** Family parties help strengthen relationships, fostering closer bonds between children and relatives.
- **Social skills:** Interacting with family members helps children develop social skills like communication and cooperation.
- **Learning through play:** Many party games involve learning, problem-solving and critical thinking. Games promote learning in an enjoyable setting.
- **Memories:** Children can look back on family parties with warmth.
- **Cultural connection:** During family events, children learn about their cultural heritage through stories, traditions and practices.
- **Positive associations:** Enjoyable experiences at family parties support positive feelings towards family time and gatherings.



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What can children learn at a family party?

Games:

- **Fair play:** When children play games with others, they learn about how it feels to win and lose. Children also learn about how to respect others who are playing against them.
- **Problem-solving:** Some games need players to think quickly and make smart choices. This helps your child get better at solving problems and making good decisions.
- **Teamwork:** Playing together with family teaches children how to help each other and work as a team to reach a goal.

Music and Dancing:

- **Rhythm and coordination:** Dancing to music improves motor skills, rhythm awareness, pattern recognition and overall body coordination.
- **Self-expression and confidence:** Music and dance provide a creative outlet for children to express feelings and thoughts. It helps to develop self-confidence.
- **Cultural appreciation:** Listening to different kinds of music and trying different dances helps children learn about cultures and how they are celebrated.

Food:

- **Cooking skills:** When children make food with adults, they learn about basic cooking skills, measuring, kitchen safety and following a recipe.
- **Healthy choices:** Making food together can be an opportunity for your child to learn about healthy foods. This can help them make healthier food choices.
- **Cultural cuisine:** When you cook family recipes with your child, they get to connect with their heritage. They can also learn how people from other cultures eat and cook.
- **Sharing a meal:** Eating together as a family is an opportunity to enjoy time together and bond with each other.

Where can I get more ideas?

- ABC Life Literacy Canada <https://abclifeliteracy.ca/all-programs/family-literacy-day/>
- Decoda library - <https://decoda.ca/library/>
- Read All About Lit: Family Dance Party - <https://decoda.ca/family-dance-party/>
- Active for Life: 57 awesome family dance party jams - <https://activeforlife.com/57-awesome-family-dance-party-jams/>

References

- Jim Trelease's Read-Aloud Handbook. ABC Life Literacy Canada
- B. K. (2018, February 12). [5 Benefits of Music and Dancing for Preschoolers.](#) North Vancouver Recreation and Culture Commission.
- Lerner, C. L., & Parlakian, R. (2006). [Healthy from the start: how feeding nurtures your young child's body, heart and mind.](#) ZERO TO THREE.
- YMCA Victoria. (2020, October 27). [How music and dance can help your child's development.](#)

