

The Family Team

This month, THE GREAT BODY SHOP was all about families.

- Lesson 1:** What Is a Family?
- Lesson 2:** See How Families Grow and Change
- Lesson 3:** Family Rules and Jobs
- Lesson 4:** Families and the Community

Talking About Families

Talk to your child about the families pictured on the front cover and about how they are different. How are they alike? How are they the same or different from your family? Talk about the families that you know. How many members do they have? Name a job that each member does.

Learning Responsibility

Children feel proud when they master a job. It teaches them responsibility. The secret? Make the job simple enough for them to handle.

- Be careful not to use general phrases such as “clean your room.” Instead, break the job down into smaller steps. For example, you might say, “Please put all your toys in the toy box.” Once that is done, tell him or her to “put all your dirty clothes in the hamper.”
- Be sure to praise a job well done.
- Let your children choose some of their jobs. While each child can be responsible for his/her room, children can rotate jobs such as taking out the garbage or setting the table.
- To help children remember to do their jobs, make a chart and mark the completed jobs with a star.



Changing All the Time

It's often hard for children to adjust to changes in the family. Yet families change all the time—babies are born, pets die, mothers return to work, families move, parents divorce, etc. You can help make changes easier for your child by talking about the situation.

ASK your child to tell you how he/she feels about the change. Explain that change is normal, but certain things never change, such as the love between a parent and child.

LOOK at pictures of your child as a baby. Talk about his/her struggles to walk, talk, hold a spoon, etc. Talk about how your child has changed.

HELP your child to feel part of a change by including him or her in making decisions. If you are moving, for example, take your child along to help pick out a house. Or let your child help decorate his or her new room. If you get a new job, bring your child to your new workplace. Have your child choose a picture of himself or herself for you to keep at work.

Word Wise

Talk about the meaning of each word. Find the words in the Student Issue.

family	community	rules
different	team	special

Read All About It

Me and My Family Tree

by Joan Sweeney and Annette Cable

Using a family tree, a young girl explains how her brother, parents, grandparents, aunts, uncles, and cousins are related to her. Wonderful pictures with a place to make a family tree.

The Very Helpful Father

by Sally Huss

How important are fathers? Find out in this fun picture book.

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