



# Wings

A Weekly Newsletter for Families

April: Week 3  
Family Fun

“If the family were a fruit, it would be an orange, a circle of sections, held together but separable – each segment distinct.” – Letty Cottin Pogrebin

## Create Family Experiences and Memories

Things like toys come and go out of our lives, but family memories will last a lifetime.

Here are some activities that are sure to make a meaningful, long-lasting impression on the whole family. And if you make them a family tradition, that’s even better!

- Have a family movie night – Make it special with popcorn and theme decorations. Alternate between kids and parents picking the movie. This list of the 50 best movies for kids will come in handy! <http://www.parents.com/fun/entertainment/movies/50-best-videos-for-kids/>
- Play sports together – The whole family will learn how to play by the rules and lose – or win – gracefully. It’s also a chance to try a wide variety of sports, both indoors and outside – bowling, soccer, mini golf, climbing, Frisbee or a simple game of catch.
- Cook (and eat) a family meal – Share family recipes, teach kids about weights and measures, and tell kids about what you used to eat as a child. Studies show that kids who eat with their family often eat more fruits and vegetables, are more willing to try new dishes and are less likely to experience depression and eating disorders.
- Interview family members – Have your kids ask grandparents, aunts and uncles questions about their life and family memories. Use a video recorder or smartphone to capture their stories, voices and expressions. You can even write down the stories to create a book or use pictures to create a slide show about the family.



## •• INFANT Inspiration

*Early Development* – It’s easy to stimulate your baby’s brain and physical growth. Singing, as well as dancing gently while holding your baby securely to your chest, develop listening skills. While your baby is lying on their back, hold a toy in front of their face and move it slowly to encourage them to follow it with their eyes to build tracking skills.

## •• TODDLER Tales

*Motor Skills* – Toddlers develop motor skills from self-play behaviors. They’re learning to master basic fundamental skills like running, skipping, kicking, jumping, hopping, catching and throwing. Give them time to play with you and friends to get exercise and develop important relationships.

## •• PRESCHOOL Power

*Keep a Watchful Eye* – Preschoolers’ self-control, judgement and coordination are still developing, so keep an eye on your active preschooler to prevent injuries. But don’t fuss too much – a few bumps and bruises are expected and even necessary to help kids discover the limits of their physical activity.

