

10 ways families can learn about their heritage together

Family history can often be fascinating, and it's a great topic that both parents and children can explore together. Learning as a family not only helps to build strong literacy skills for both adults and children, but it also strengthens family bonds and ties.

[Research](#) also shows that kids are emotionally healthier and have a better sense of self if they've been taught about their relatives and their family history.

With *Family Literacy Day* around the corner on January 27, 2023, now is the perfect time to sit down and cozy up as a family to learn about your heritage. After all, there's no better way to learn about your family, than together as a family.

Here are 10 different ways families can learn about their heritage together:

1. **Research your family's place of origin.** Go online together and research where your parents, grandparents and other relatives were born. What interesting information can you find out?
2. **Interview a family member.** Speak to them about where they grew up and what it was like. Do they have any interesting facts about your family? Write a story about them!
3. **Learn a new language.** Check out books from the library or use free online tools to learn new words in another language. Be sure to practice every day!
4. **Listen to traditional music.** Many cultures have traditional music. Do some research and listen to different types of traditional music. What style do you like the best?
5. **Look at a map.** Whether it be a map of Canada or another place your relatives once lived, you can learn a lot about geography by looking at a map.
6. **Make a photo collage.** Take out the family photo album or old magazines and newspapers to create a collage about what your family and heritage means to you.
7. **Make a craft of traditional designs.** Research traditional designs of your culture and replicate them in the form of a craft. Be as creative as possible.
8. **Read a story.** There are lots of books about different places and cultures. Visit your local library and ask the librarian for books about your heritage.
9. **Learn about where you live.** Do you know about the history of where you live? Together as a family, learn about the culture and heritage of the place you call home.
10. **Cook a traditional recipe.** Learn how to make your family's signature dish or look up a recipe for a famous meal from your culture. Yum!

Family Literacy Day – an annual initiative that aims to raise awareness of the importance of learning together as a family – is taking place on January 27, 2023. This year's theme is *Celebrate your heritage*. Visit FamilyLiteracyDay.ca to learn more and to access free downloadable resources.

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