How-to-Kit

Making Family Books Together

✓ My Mom and Me
✓ My Dad and Me

Celebrating Family Literacy in the NWT

Other How-to-Kits & Literacy Activities

This How-to-Kit was developed to help organizations celebrate literacy in the NWT. It is one in a series of How to Kits that you can download from the NWT Literacy Council website at www.nwt.literacy.ca. You are welcome to photocopy and use the activities in your programs, or adapt them to your needs.

How To Kits Developed to Date:

- 1-2-3 Rhyme with Me
- Community Book Swap
- Family Reading Party
- Games Night
- Literacy Treasure Hunt
- Pyjamas and Book Party
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Family Literacy Activities Night
- Book Making
- Literacy Games for Adults
- Get Caught Reading & Other Promotion Ideas
- Election
- Environmental Print Games
- More Literacy Games
- Read for 15
- Writing and Publishing Children’s Books
- Music and Literacy
- Involving Families in Children’s Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine’s Day, Easter, Birthdays
- Puppet Making
- Writing Contest
- Culture and Traditions
- Books in the Home
- Facilitating a Workshop
- Talking Books
- Readers Theatre
- Family Literacy Activities Night 2
- Books in the Home Kit – Love You Forever
- Word & Picture Bingos
- Plan a Family Literacy Day Fair
- Storysacks
- Making Family Books
- Children and Play
- Writing Ideas

You will also find other activities on our website that you are welcome to download and use.

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Making Family Books Together

This *How to Kit* provides you with information on making family books and ideas for creating homemade books. Family books are a great way to engage children and families in reading and sharing together.

In this *How to Kit*, you will find:

- Information about family books and how you can use them in your community
- Recruiting ideas
- Homemade book ideas
- *My Mom and Me* family book template
- *My Dad and Me* family book template

What is a family book?

A family book is a memory scrapbook for kids and their parents. A family book includes pictures, mementos, stories and drawings.

**Family books are all about:**
- Your favourite things
- How you celebrate holidays
- Pasting in photos
- Collecting memories
- Your family
- Where you live
- Drawing pictures
- Telling and writing stories
Why make family books?

Family books are a great way for parents to share stories, ideas and crafts with their children. Making a family book together helps build strong relationships between parents and their children and also helps to build strong literacy skills in children.

Who can participate in making family books?

This How to Kit provides a family book for moms and their children and dads and their children. They can be adapted to use with other family members. There are also some templates for making homemade books to use with families.

How can I use the family books?

You can do several things:

- You can have a family literacy night and include family bookmaking in your event.
- You can have a series of workshops for parents and their children. Each week they can work on their family books and do other literacy related activities.
- You can include this activity in your classroom or preschool program and ask parents and children to complete the book at home.
- Families can create their own family books.

Some helpful hints:

- Take pictures of families so they can use them in their books.
- If parents have several children, they can work with each child separately or work on the book as a family.
- Help parents and children with the activities in the book. They may need some guidance.
- Make a padded binder to put the family book into. A template for a padded binder is included in this section.
Use the other homemade book ideas to create family journals, books and scrapbooks.

**How can I encourage families to participate?**

Sometimes getting parents to participate in family literacy activities can be hard. Some ideas for getting parents to attend your program are:

- Give personal invitations to parents and children.
- Advertise on the radio, on bulletin boards, at the school, at the daycare, at the band office, etc.
- Give away free prizes at your event. The NWT Literacy Council will provide book prizes. Ask your local store to provide other prizes.
- Have healthy nutritious snacks at your family literacy event.
- Make sure you tell people on the advertisements that there will be prizes and snacks at the event.
- Remind people about the event the day before. Ask them if they will be coming.

**How can I get dads to participate?**

In the past, the role of a father was different than it is today. A father was seen as the provider and the protector. The father was expected to provide his family with food, shelter and clothing. Today, the traditional role of fathers is changing. Dads are becoming more actively involved with the day-to-day care of their children.

Still, sometimes dads don’t feel comfortable participating in family literacy activities. They may feel that they will be the only father there or that they won’t enjoy the activities. Make a special effort to invite fathers to your event and tell them what you will be doing. The *Dad and Me Family Book* may be a good way to encourage dads to participate in their children’s literacy development.
Homemade Book Ideas

Padded Binder

What you need:
- Binders
- Material
- Glue guns
- Scissors
- Cardboard
- Batting

Directions:
1. Cut out material about 2 inches larger on each side than the binder when it is opened up.
2. Cut 2 pieces of cardboard the size of the closed binder.
3. Cut out 2 pieces of material about 1 inch larger than the size of the cardboard.
4. Cut out batting the same size as the binder when it is open.
5. Place the larger material on a table. Centre the batting on the material and put the binder on the batting.
6. Glue the material to the inside of the binder with a glue gun. You have to glue the material one side at a time.
7. Put the other pieces of material on a table. Put the cardboard pieces on top of the material and glue the material around the cardboard edges.
8. Glue the material covered cardboard to the inside of the binder. Be sure to cover up the edges of the material. You are done!
Bound Book

To make a simple bound book, similar to a hardcover book, all you need is a few supplies.

What you need:

- 8 pieces of 8 ½ x 11 inch paper
- Ruler
- Pen
- Sharp craft knife
- Adhesive shelf paper
- Cardboard
- Packaging tape
- Button thread or other thick thread
- Large needle
- Rubber Cement or glue

Directions:

1. Take 8 pieces of 8 ½ x 11 inch paper and fold the paper in half to form a 16-page booklet measuring 8 ½ x 5 ½ inches.

2. Thread your needle with about 24 inches of heavy thread.

3. Begin at one end of the booklet’s centre crease – sew large stitches about 1 inch apart. Leave a 2 inch 'tail' hanging from the first needle hole. When you reach the end of the crease, turn the booklet over. Now sew back, bringing the needle through the same holes on the other side of the book. Tie the two ends of your thread together on the outside of your booklet when you finish stitching the pages together. Trim the ends.
Celebrate Family Literacy in the NWT

Foam Book

What you need:

- White computer paper or cardstock
- Fasteners
- Single hole punch
- Markers, pencils
- Foam
- Ruler
- Glue gun

Directions:

1. Cut the paper and the foam. Make the foam a little bigger than the paper. You can use any size of paper and foam.
2. Make two holes with a single hole puncher in the foam and in the paper. Make sure the holes match up.
3. Fasten the foam and the paper together with the fastener.
5. Fold the foam strip over the spine and glue it on. You can use regular glue, but you will need to put something heavy on it for at least 10 minutes for it to hold.
6. Decorate the front of your book with stickers or pictures.

Create a family photo book, a storybook, a journal, an ABC book, or anything else you can think of…
My Mom
and Me

picture of mom and me

A Memory Scrapbook
My name is ________________________________.

My mom’s special name for me is ________________.

I was born on ________________________________.

I am _____________ years old.

I was born in ________________________________.

I am my mom’s
☐ oldest child
☐ youngest child
☐ only child
☐ middle child
My mom’s name is ________________________________.

My special name for my mom is ____________________.

My mom was born on ______________________________.

She is ________ years old.

She was born in ________________________________.

In her family, my mom is the
☐ oldest child
☐ youngest child
☐ only child
☐ middle child
When I Was Little

My mom could hardly wait for me to arrive. She spent her time

☐ talking with others about being pregnant

☐ enjoying her big belly

☐ reading baby books

☐ knitting or sewing baby clothes or blankets

☐ getting the baby room ready

My mom picked my name because

☐ it’s a family name

☐ it’s a friends name

☐ it means something important

My name means ________________________________

______________________________________________

I like my name because ________________________________

______________________________________________
When I arrived home, the first thing my mom and I did was

☐ visit with friends and family
☐ cuddle and rock together
☐ spend time together
☐ eat
☐ __________________________

When I was little, my mom and I loved to

☐ laugh and play
☐ snuggle up with a story
☐ snuggle and listen to stories
☐ play outside
☐ __________________________

Here is a picture of me and my mom when I was little:
My Family

Here are the names of my sisters and brothers:

________________________
________________________
________________________
________________________
________________________

Here are the names of my aunts and uncles:

________________________
________________________
________________________
________________________
________________________
________________________
________________________
________________________
Here are the names of my grandparents:

________________________
________________________
________________________
________________________

Here are the names of our pets:

________________________
________________________

Here is a picture of my family:
At Home

Our home is

☐ an apartment       ☐ in a small community
☐ a house           ☐ by the water
☐ a cabin           ☐ in the city

Our home is

☐ busy      ☐ quiet
☐ messy     ☐ noisy
☐ tidy      ☐ __________

Draw a picture of your home:
My mom and I love being at home together. Here is what we like to do the most (circle the picture):

I help my mom around the house. Some of the chores I do are:

☐ the dishes    ☐ cleaning up my room
☐ sweeping the floor    ☐ feeding the dogs
☐ shovelling the walkway ☐ ______________________

My favourite chore is ________________________________.

My least favourite chore is ___________________________.

I love being with mom because _______________________

__________________________________________________.
# Our Favourite Things

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Things We Do Together

Our favourite activity is
☐ playing cards together
☐ talking about our day
☐ going out on the land
☐ playing board games
☐ reading books together
☐ _______________________

I always win when we play __________________________.

My mom always wins when we play ________________.
My favourite hobby is
☐ drawing
☐ collecting rocks
☐ building things with Lego
☐ ________________

My mom’s favourite hobby is
☐ sewing traditional crafts
☐ painting
☐ singing
☐ ________________

Sometimes my mom and I make things together. Here is a picture of one of the things we made:
School Days

I am in grade_______________________.

When I go to school, my mom
☐ makes me lunch
☐ walks me to school
☐ helps me with my homework
☐ asks me about my day
☐ _________________________

My mom feels proud when I
☐ read to her
☐ sing to her
☐ bring my report card home
☐ speak my language
☐ _________________________

My favourite subject is ______________________________.
My mom comes to my school
☐ to visit my classroom
☐ for family fun nights
☐ to watch the Christmas concert
☐ ______________________

My mom says it was different when she went to school because
☐ there were no computers
☐ the teachers were really strict
☐ she had to leave home to go to school
☐ ______________________

My mom hangs things up that I made at school on the
☐ refrigerator
☐ wall
☐ bulletin board
☐ ______________________

I like school because_______________________________

___________________________________________________.
Weekend Days

I love the weekend because ___________________________
___________________________________________________.

On Friday nights we usually
☐ watch a movie
☐ have a special meal
☐ visit with friends
☐ __________________________

On Saturday morning I
☐ watch cartoons
☐ play outside
☐ have pancakes
☐ __________________________

On Saturday morning my mom usually _____________
___________________________________________________.
On the weekend, sometimes we

☐ go camping
☐ go boating
☐ have people come for supper
☐ __________________________

Here is a picture of my favourite thing to do on the weekend:
Bedtime

I go to bed at ________________ on school nights.

I go to bed at ________________ on weekend nights.

When it’s time for bed, my mom and I

☐ read a story
☐ have a snack
☐ tell stories
☐ __________________________

Sometimes I get scared about

☐ monsters under my bed
☐ noises in the night
☐ shadows in my room
☐ __________________________

When I am scared, my mom __________________________

___________________________________________________.
Each night the last thing I say to my mom is

☐ “Can I stay up later?”
☐ “I love you.”
☐ “Goodnight.”
☐ “________________________

The last thing my mom says to me is

☐ “Sleep tight, don’t let the bed bugs bite.”
☐ “Sweet dreams.”
☐ “I love you.”
☐ “________________________

In the morning my mom

☐ wakes me up
☐ makes me breakfast
☐ reminds me to take my homework to school
☐ _________________________
Good Days, Bad Days

My mom and I have lots of good days together.

Here is a picture of one of the best days we ever had:

This is what I remember most about that day:

________________________________________

________________________________________

________________________________________

This is what my mom remembers most about that day:

__________________________________

__________________________________

__________________________________
Sometimes I have bad days. On bad days, my mom

☐ tickles me
☐ hugs me
☐ spends time with me
☐ reads to me
☐ __________________________

To cheer up my mom on her bad day, I

☐ hug her
☐ try and be extra good
☐ make her a snack
☐ __________________________

When I feel sick, my mom

☐ stays home from work
☐ sits with me
☐ reads to me
☐ brings me medicine
☐ __________________________
Holidays & Celebrations

My mom and I love to celebrate special days together.

Our favourite time to celebrate is

☐ Halloween
☐ Christmas
☐ Hanukkah
☐ our birthdays
☐ Easter
☐ _______________

Every year we ______________________________
__________________________________________

We eat lots of ________________________________

We wear ________________________________

We usually invite ________________________________
One special day we celebrate is Mother’s Day. I usually

☐ make mom breakfast
☐ help make dinner
☐ give mom a card
☐ ______________________

Mom always

☐ says thank you
☐ appreciates me
☐ is really happy on Mother’s Day
☐ ______________________

Here is a picture of my mom:
Stories About Us

My mom tells me great stories about

☐ when she was a little girl
☐ what it used to be like in our community
☐ when I was a baby
☐ our people
☐ _________________

My mom tells me this special story about me:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I love hearing about ____________________________

________________________________________________________________________.
I tell my mom stories, too. My stories are about

□ school
□ my friends
□ my adventures
□ ________________

I have stories about my mom too. Here is one of them:

____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________

Hearing stories about my family makes me

□ feel happy
□ feel proud
□ understand my culture
□ wonder what it was like long ago
□ ________________
Here’s a picture of my whole family!

The End
My Dad and Me

picture of dad and me

A Memory Scrapbook
My name is ________________________________________.

My dad’s special name for me is ____________________.

I was born on ________________________________.

I am _____________ years old.

I was born in ________________________________.

I am my dad’s

☐ oldest child

☐ youngest child

☐ only child

☐ middle child
My dad’s name is _________________________________.

My special name for my dad is _____________________.

My dad was born on _______________________________.

He is ________ years old.

He was born in _________________________________.

In his family, my dad is the
☐ oldest child
☐ youngest child
☐ only child
☐ middle child
When I Was Little

My dad could hardly wait for me to arrive. He spent his time

☐ talking to other dads
☐ making things for me
☐ getting my room ready
☐ wondering what I would be like
☐ ________________________________

My dad picked my name because

☐ it’s a family name
☐ it’s a friends name
☐ it means something important

My name means ________________________________

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I like my name because___________________________

________________________________________________.
When I arrived home, the first thing my dad and I did was

☐ visit with friends and family
☐ cuddle and rock together
☐ spend time together
☐ __________________________

When I was little, my dad and I loved to

☐ laugh and play
☐ share stories and books together
☐ play games like peek-a-boo
☐ play outside
☐ __________________________

Here is a picture of me and my dad when I was little
My Family

Here are the names of my sisters and brothers:

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

Here are the names of my aunts and uncles:

________________________________________

________________________________________

________________________________________

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________________________________________
Here are the names of my grandparents:
________________________
________________________
________________________
________________________

Here are the names of our pets:
________________________
________________________

Here is a picture of my family:
At Home

Our home is

☐ an apartment  ☐ in a small community
☐ a house       ☐ by the water
☐ a cabin       ☐ in the city

Our home is

☐ busy         ☐ quiet
☐ messy        ☐ noisy
☐ tidy         ☐ _______

Draw a picture of your home:
My dad and I love being at home together. Here is what we like to do the most (circle the picture):

I help my dad around the house. Some of the chores I do are:

- [ ] the dishes
- [ ] cleaning up my room
- [ ] sweep
- [ ] feed the dogs
- [ ] shovel the walkway
- [ ] _______________________

My favourite chore is ________________________________.

My least favourite chore is ___________________________.

I love being with dad because _________________________

___________________________________________________.
Our Favourite Things

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Our favourite activity is

☐ playing cards together
☐ talking about our day
☐ going out on the land
☐ playing board games
☐ reading books together
☐ ______________________

I always win when we play __________________________.

My dad always wins when we play ____________________.
My favourite hobby is
☐ drawing
☐ collecting rocks
☐ building things with Lego
☐ _______________

My dad’s favourite hobby is
☐ making things
☐ running dogs
☐ carving
☐ _____________

Sometimes my dad and I make things together. Here is a picture of one of the things we made:
School Days

I am in grade______________________.

When I go to school, my dad

☐ makes me lunch
☐ walks me to school
☐ helps me with my homework
☐ asks me about my day
☐ ________________________

My dad feels proud when I

☐ read to him
☐ sing to him
☐ bring my report card home
☐ speak my language
☐ ________________________

My favourite subject is ______________________________.
My dad comes to my school
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My dad says it was different when he went to school because
☐ there were no computers
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☐ he had to leave home to go to school
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My dad hangs things up that I made at school on the
☐ refrigerator
☐ wall
☐ bulletin board
☐ _______________________

I like school because_________________________________
_____________________________________________________.

_____________________________________________________.

15
Weekend Days

I love the weekend because ____________________________

___________________________________________________.

On Friday nights we usually

☐ watch a movie
☐ have a special meal
☐ visit with friends

☐ __________________________

On Saturday morning I

☐ watch cartoons
☐ play outside
☐ have pancakes

☐ __________________________

On Saturday morning my dad usually _________________

___________________________________________________.

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On the weekend, sometimes we
☐ go camping
☐ go boating
☐ have people come for supper
☐ __________________________

Here is a picture of my favourite thing to do on the weekend:
Bedtime

I go to bed at ________________ on school nights.

I go to bed at ________________ on weekend nights.

When it’s time for bed, my dad and I

☐ read a story
☐ have a snack
☐ tell stories
☐ __________________________

Sometimes I get scared about

☐ monsters under my bed
☐ noises in the night
☐ shadows in my room
☐ __________________________

When I am scared, my dad __________________________

_________________________________________________.

18
Each night the last thing I say to my dad is
☐ “Can I stay up later?”
☐ “I love you.”
☐ “Goodnight.”
☐ “________________________

The last thing my dad says to me is
☐ “Sleep tight, don’t let the bed bugs bite.”
☐ “Sweet dreams.”
☐ “I love you.”
☐ “________________________

In the morning my dad
☐ wakes me up
☐ makes me breakfast
☐ reminds me to take my homework to school
☐ ______________________
Good Days, Bad Days

My dad and I have lots of good days together. Here is a picture of one of the best days we ever had:

This is what I remember most about that day:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

This is what my dad remembers most about that day:

________________________________________________________________________
________________________________________________________________________
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Sometimes I have bad days. On bad days, my dad
☐ tickles me
☐ hugs me
☐ spends time with me
☐ reads to me
☐ ______________________

To cheer up my dad on his bad day, I
☐ hug him
☐ try and be extra good
☐ make him a snack
☐ ______________________

When I feel sick, my dad
☐ stays home from work
☐ sits with me
☐ reads to me
☐ brings me medicine
☐ ______________________
Holidays & Celebrations

My dad and I love to celebrate special days together.

Our favourite time to celebrate is

☐ Halloween
☐ Christmas
☐ Hanukkah
☐ our birthdays
☐ Easter
☐ ________________

Every year we ________________________________
______________________________

We eat lots of ________________________________

We wear ________________________________

We usually invite ________________________________
One special day we celebrate is Father’s Day. I usually
☐ make dad breakfast
☐ help make dinner
☐ give dad a card
☐ ______________________

Dad always
☐ says thank you
☐ appreciates me
☐ is really happy on Father’s Day
☐ ______________________

Here is a picture of my dad:
Stories About Us

My dad tells me great stories about

☐ when he was a little boy
☐ what it used to be like in our community
☐ when I was a baby
☐ our people
☐ ___________________

My dad tells me this special story about me:

____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________

I love hearing about _________________________________

___________________________________________________.
I tell my dad stories, too. My stories are about

☐ school
☐ my friends
☐ my adventures
☐ ________________

I have stories about my dad too. Here is one of them:

________________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Hearing stories about my family makes me

☐ feel happy
☐ feel proud
☐ understand my culture
☐ wonder what it was like long ago
☐ _________________
Here’s a picture of my whole family!

The End