

# NATIONAL FAMILY WEEK 2010 OCTOBER 4 – 10, 2010



## Families Connecting through Stories

The theme for this year's National Family Week, **Families Connecting through Stories / Nouer des liens au moyen d'histoires en famille**, is a wonderful way for families to spend time together. Whether embarking on a journey to the far reaches of the imagination or sharing the real-life experiences and struggles of great-grandparents, stories have the potential to strengthen bonds and cultivate new memories.

It has been said that reading to your child 20 minutes a day improves his/her chances of success in school. While this may be true, more importantly reading is a time for connection among family members. "Story time" is a time to relax, a time to cuddle up and allow our hearts and minds to be captivated by the pages of a book. And the stories children love are not necessarily found in books. Sometimes a child's favorite story will be the one a parent has made up, or that one recounting a funny incident involving the family. Children also love hearing stories about themselves. This helps to foster a sense of identity and belonging.

During National Family Week, we invite family members of all ages to "unplug" and celebrate the pleasures of sharing stories and spending quality time as a family.

National Family Week has been celebrated since 1985 when it was first proclaimed an official week by the Government of Canada. For more information please call toll-free 1-866-637-7226 or check the National Family Week website at [www.frp.ca/nfw](http://www.frp.ca/nfw).

## Printer friendly literature for NATIONAL FAMILY WEEK

*Create your own National Family Week Kit by downloading the following:*

- [Pleasures of Reading Aloud](#) FRP Canada [PDF - 48K]
- [Connecting through Stories](#) FRP Canada [PDF - 47K]
- [Parents as Partners in Reading](#) Canadian Child Care Federation [PDF - 80K]
- [Storytelling Tips for Families](#) Storytellers for Children [PDF - 542K]
- [Energizers for Families](#) Thrive! The Canadian Centre for Positive Youth Development [PDF - 140K]
- [Families Connecting through Stories](#) Invest in Kids [PDF - 65K]



***Proud sponsors of  
NATIONAL FAMILY WEEK  
In Manitoba***

## OUR VISION

***Healthy Families and Strong Communities***

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