

BUILD STRONG FAMILIES WITH STORIES

Dear Educator,

We are thrilled to share **BUILD STRONG FAMILIES WITH STORIES**, a joint initiative of First Book and Search Institute, with generous support from Disney. This diverse collection of 21 books with downloadable reading guides is designed to help families grow stronger.

Strong families support a child's success in school and in life. Through ongoing research, Search Institute has identified actions, called Family Strengths, that **ALL FAMILIES** can take to grow stronger together. Search Institute research has shown that these Family Strengths can have an even larger impact on a child's well-being than family income, immigration status, education level, neighborhood or other demographic factors. The Family Strengths fall into six categories:

- ★ EXPRESSING CARE
- ★ CHALLENGING GROWTH
- ★ PROVIDING SUPPORT
- ★ EXPANDING POSSIBILITIES
- ★ CREATING ROUTINES AND TRADITIONS
- ★ CONNECTING TO YOUR COMMUNITY

The books (appropriate for children ages 4 to 8) each model behaviors that families can adopt in order to grow stronger. Every title is paired with a downloadable reading guide designed for parents and caregivers that includes activities, discussion prompts and key ideas to take away from the story.

Send these books and reading guides home to families, or use them in your own classroom or program! We hope these resources will help you engage families while empowering them to build upon their own strengths and help their children succeed.

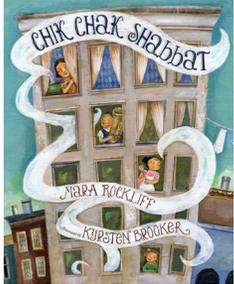
Happy Reading!

Your friends at First Book and Search Institute



BUILD STRONG FAMILIES WITH STORIES

Family Strengths are actions that **ALL FAMILIES** can take to grow stronger and support a child's success, according to Search Institute research. This guide will help you discuss this story with your child and use it to explore your family's unique strengths.



CHIK CHAK SHABBAT

by Mara Rockcliff; illustrated by Kyrsten Brooker

Every week, Goldie makes and shares a traditional Jewish stew, *cholent*, with her neighbors. When Goldie is sick, her neighbors realize how much they miss her and create a tasty meal for her using their own diverse ethnic foods.

THIS STORY MODELS CONNECTING WITH NEIGHBORS



Chik Chak Shabbat shows how meaningful it is to connect with your community and how important it is to look out for one another. Think about how:

- Goldie makes and shares her slow-cooked *cholent* because it gives her time to enjoy the company of her neighbors.
- When Goldie gets sick, her neighbors realize how much they value Goldie and the Shabbat (day of rest) meals they share together.
- The neighbors rally to help Goldie, and each cooks something to share.
- The potluck meal shows everyone that it isn't *cholent* they need, but each other.

TRY THIS!



Work together as a family to plan a potluck dinner for a few friends or neighbors. Consider making this a regular event, and involve your child in planning the dinner and making the food. Or consider asking those you invited to help you plan an even bigger potluck or block party.

TALK AND ASK YOUR CHILD QUESTIONS AS YOU READ



- ★ Goldie loves to cook and share *cholent* with her neighbors. ASK: *Why does Goldie invite her neighbors to eat with her? Why do her neighbors enjoy these weekly dinners?*
- ★ Share a story of when you spent time with family or friends over a special meal and what it meant to you. ASK: *If you could invite anyone to a special meal, who would you choose? What would you cook?*
- ★ The neighbors worry when they find out Goldie is sick. ASK: *What would you do if you were Goldie's neighbor? How would you help a sick neighbor?*
- ★ Goldie is happy when her neighbors make a Shabbat meal to share. ASK: *What could we do to make our neighbors happy?*

CONNECTING WITH NEIGHBORS

is an action you can take in your family to connect to your community. Learn more at www.ParentFurther.com.



www.firstbook.org



Discovering what kids need to succeed



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This tipsheet was created by First Book and Search Institute, with generous support from Disney.