

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



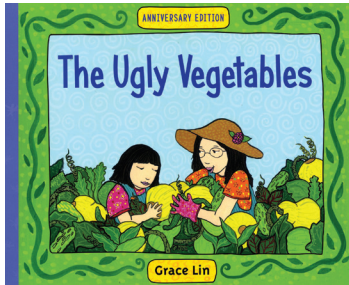
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Family Strengths are actions that **ALL FAMILIES** can take to grow stronger and support a child's success, according to Search Institute research. This guide will help you discuss this story with your child and use it to explore your family's unique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

A Family Strength in this story is

EXPLORING:

exposing expose your child to new ideas, experiences and places.



THE UGLY VEGETABLES

written and illustrated by Grace Lin

A young girl and her mother plant a garden. The girl is disappointed in the ugly vegetables they grow until harvest time comes and her mother makes a delicious Chinese soup.

THIS STORY MODELS EXPLORING



The Ugly Vegetables shows how experiencing new ideas and opportunities can enhance your child's knowledge of the world and expand possibilities for him or her. Think about how:

- Working on the garden allows the girl and her mother to spend time together and create something they can both be proud of.
- By teaching her to plant seeds, care for plants and make soup, the girl's mother helps her daughter learn valuable skills.
- When she sees that ugly vegetables can make delicious soup, the girl learns that you can't always judge by appearances.
- Celebrating with neighbors and sharing resources helps the girl see the value of community and know that there are others she can learn from.

TALK AND ASK YOUR CHILD QUESTIONS AS YOU READ



- ★ The girl's garden is different from her neighbors' gardens. ASK: *Why does she call the vegetables ugly? Does anyone else think the vegetables are ugly?*
- ★ The girl asks her mother many questions about the garden. ASK: *Is there something special you want to learn? Who could help you?*
- ★ Working in the garden is something the girl and her mother do together. ASK: *What is a special experience we have shared together? What do you remember about it? What did you enjoy or learn?*
- ★ The next spring, everyone plants flowers and ugly vegetables. ASK: *Why are the neighbors also planting ugly vegetables? How do you think the girl feels about ugly vegetables at the end of the book?*

TRY THIS!



Try new foods together. Taste foods from different cultures at local restaurants or find new recipes and cook a meal together as a family. Invite friends to eat with you or ask friends to teach your family how to cook their favorite foods.

EXPLORING is an action you can take in your family to expand possibilities for one another. Learn more at www.ParentFurther.com.



www.firstbook.org

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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.