



Let's Talk About Family!

Sample Social Media Posts

Facebook

1. Make believe your family are guests on a talk show. Work together to come up with questions and use them to interview each other, talk show style! "Hello, grandma, welcome to our family talk show. What is your favorite meal to cook and why?" Asking questions and listening to one another is a great way to bond, connect, and spend quality time learning more about each other. Baby can't talk yet? Interview them anyway! They love to hear your voice, and even if you can't understand them just yet, they definitely have something to say! #TalkingIsTeaching

2. What are some ways your family can spread kindness? From helping one another with household chores to baking cookies for a sick neighbor, there are so many ways to do our part to make the world a kinder place! Talk about things you can do to show each other kindness and think of ways you can work together as a family to show kindness to others. Make it a goal to do something kind together every week. How does it feel to be kind? #TalkingIsTeaching

Instagram

1. Every family is unique in their own way. What are some things that make your family special? Work together to create a family portrait that shows off all the things that are unique about your family. Hang your masterpiece on the refrigerator for all to enjoy! #TalkingIsTeaching

2. Take your baby on a stroll down memory lane by looking through old photos together. Name the people in the pictures and talk about the memories attached to each photo. Where were you? Why were you dressed so fancy? Who is that person in the background? What were you celebrating? The more you talk with your baby, the more their brain grows! A picture really is worth a thousand words! #TalkingIsTeaching

Short-Form Text Apps (X, Threads, etc.)

1. Talk, read, and sing together during family time! Talk about your day over dinner, read books as a family before bed, and sing together in the car! These simple moments are so crucial to your little one's social-emotional and cognitive development. #TalkingIsTeaching

2. Ask your child, "What words come to mind when you think of FAMILY?" Love... Safe... Home.. Together...? Write the words on a paper then decorate it together and hang it at home for all to enjoy! #TalkingIsTeaching