



DISCOVERING YOUR FAMILY'S PAST TO SHAPE YOUR FUTURE

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Why Family History Matters for Your Child

Knowing family history is the strongest predictor of children and adolescents' ability to successfully handle troubling, stressful, or trying circumstances!

Studies conducted at Emory University have demonstrated that children with a higher knowledge of their family history have:

- higher self-esteem
- better family functioning
- greater family cohesiveness
- lower levels of anxiety
- lower incidence of behavior problems
- greater belief in their own ability to control themselves
- greater belief in their own ability to influence the world around them

Here are a few questions used in the study to help you get an idea of things to share with your children.

- Do you know the source of your name?
- Do you know the national background of your family (such as Scottish, Dutch, Mexican, Russian, etc.)?
- Do you know where your mother and father grew up?
- Do you know where some of your grandparents grew up?

Discover your family history...and give your children **Deeper Roots** that will benefit them the rest of their lives! Take opportunities to share what you learn:

- During meals
- While walking together
- Doing errands together
- On family vacations
- During holiday celebrations
- Traveling to or from activities
- Bedtime chatting
- Anytime you're together!