

MOMMYHIGHFIVE.COM

# HOW TO CREATE YOUR FAMILY NARRATIVE



## SHARE HISTORIES

Teach them about grandparents

## TALK ABOUT LOSS

Share stories of heartache and recovery

## CREATE FAMILY TRADITIONS

Create holiday traditions, go on trips, and more

## CREATE A FAMILY MISSION STATEMENT

Identify and write down your core values

**KIDS ARE MORE RESILIENT WHEN THEY HAVE A  
STRONG, INTERGENERATIONAL SELF!**