

Laughter is Important!



Families that laugh together...

- feel more connected to each other through laughter
- are less stressed.
- have children that are healthier.
- help children be successful in life!

Tips for Parents/Caregivers:

1. Remember to be a role-model. Your children are watching you and how you respond.
2. Help your children to see that you do not need to laugh at the expense of other people. You don't need to be mean in order to have fun together.
3. Find something fun that brings you joy and laughter and share that with your children.
4. Encourage family fun time as having fun can help with feelings of stress that your family might be having.



Laughing Through Life

Babies...



- Can understand humor!
- Begin laughing at 3-4 months old.

Toddlers... and Preschoolers...



- Love to play 'peek-a-boo'.
- Will try to make others laugh.
- Think it is funny when pictures and sounds don't match.

School-Age Kids...



- Love to tell jokes.
- Think physical comedy is funny.

Teenagers...



- Love to tell jokes.
- Might make fun of anything 'abnormal'.

Adults:



- Often laugh at the funny things their kids do!

Suggestions for Making It Special

Food

- Family Favorite
- One Favorite Dish for each family member
- A New Recipe
- A Special Dish not Served Everyday

Decoration

- Setting the Table
- Family Ornaments
- Candles
- Handmade Items
- Balloons
- Banners/Signs
- Streamers
- Flowers

Dress

- Dressed Up
- Casual
- Costumes
- Formal

Activities

- Singing/Music
- Prayers
- Talking
- Silence
- Holding Hands
- Family Circle
- Games
- Telling Stories
- Dancing
- Exchanging Gifts
- Exchanging Cards
- Saying Blessings
- Toasts



Celebration Planner

What will we celebrate:

When: Date _____
Time _____

Who:



How will we celebrate:

Things to Celebrate

1. _____
2. _____
3. _____
4. _____
5. _____