Dear Title I School Families,

After years of research, author Bruce Feiler has discovered that, "The single most important thing you can do for your family may be the simplest of all: develop a strong family narrative." In his new book, "The Secrets of Happy Families," Feiler explains why students with strong family narratives succeed. He says it’s because family members have found a way to model resilience through storytelling. He writes, "When faced with a challenge, happy families, like happy people, just add a new chapter to their life story that shows them overcoming the hardship." In other words, he emphasizes the importance of creating a story of both your family's positive moments and your ability to bounce back from the difficult ones.

Throughout history, family tradition, culture and memories have been passed down from one generation to the next through storytelling. These stories help connect generations, form a family identity, and share emotional understanding of one another. Parents and caregivers have lots of jobs, but one of the most important roles they can take is that of a storyteller. A child’s sense of well-being can increase dramatically by understanding their family story and how they fit into it. In this age of smartphones, we have hundreds of pictures and videos, but we rarely take the time to enjoy the story and memories that come along with them.

As we launch into 2019, make this the year to write down your family's story. Your children will benefit from the sense of comfort and happiness that comes with knowing they are loved and knowing they are part of something larger than themselves.

Kind Regards,

Amanda Ensor
QACPS Title I Family Engagement Specialist
amanda.ensor@qacps.org