



A YEAR OF
FAMILY FUN

BY KRISTINA BUSKIRK

Hi! I'm Kristina.

I'm a mom of four and a teacher. I love finding simple ways to celebrate and connect as a family.

Kids grow up fast.

We started building a strong family culture with fun traditions and opportunities to connect as a family when our kids were toddlers.

These traditions have helped us build strong bonds with our kids over the years.

Now, when tough conversations come up with our tweens and teens, we have a good relationship from putting in years of time. This helps them feel more comfortable talking to us. They also feel more confident out in the world because they know they belong to something special (our family) and we are always there for them.

I'd love to help you connect as a family more this year and work on building your own strong family culture through simple traditions.

Join me for a Year of Family Fun!



WHY A YEAR OF FAMILY FUN?

Goal: Build a stronger family this year through simple do-able monthly family traditions. Pick ONE per month (minimum).

Why start doing simple monthly family traditions?

Family traditions can give kids:

- An identity larger than themselves
- Feeling of safety & belonging
- Something to look forward to
- Strong family connections

What do strong families look like?

Strong families have:

- Good communication
- Opportunities for positive connections
- Predictable family routines & traditions

Family traditions help kids feel like they belong to something. They give kids an identity larger than themselves.

Family rituals and traditions can be predictable and help kids feel safe during the ups and downs as they grow.

Shared family rituals and traditions help give kids a sense of identity, security, and belonging. They give families something to look forward to and can offer a sense of safety and comfort. Family rituals and traditions can also help you create strong family bonds.

When kids feel like they belong to something, they feel more confident and secure. Start NOW to build a strong family culture that you love.

Use this Year of Family Fun plan that I created (or the blank templates) to create your own year of family traditions.

SHARE: Use the hashtag #yearoffamily and invite other families you know to join in and make this a year of fun and family connection.

A YEAR OF FAMILY FUN

Jan

- Host a Snowman Pancake Party
- Have a Pajama Day

Feb

- Host a Valentine's Dinner
- Have a Glow stick family dance party

Mar

- Host a Spring Cleaning Scavenger Hunt
- Dye Volcano Eggs

Apr

- Host a family jogging club
- Have a Celebrate Relatives Day

May

- Host a Sidewalk Chalk Art Day
- Have a Homemade pizza night

Jun

- Have a backyard campout
- Tie Dye T-shirts

Jul

- Host a Bubble Party
- Have a Family Game Night

Aug

- Have a Story time Breakfast
- Plan a Family Outdoor Adventure day

Sep

- Host a Weekly Cookie Chat
- Have a Favorite Meal Night

Oct

- Go on a Halloween Scavenger Hunt
- Have a Halloween Storytime

Nov

- Plan a Cooking Together Day
- Have a Family Movie Night

Dec

- Set up a Hot Cocoa Bar
- Have a New Year's Eve Family Party

NOTES:

A YEAR OF FAMILY FUN

Jan	Feb	Mar
Apr	May	Jun
Jul	Aug	Sep
Oct	Nov	Dec

NOTES:

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JANUARY

Host a Snowman Pancake Party:

- Make pancakes for any meal. Take three different sized pancakes and build a snowman on your plate. Add chocolate chips, bacon, fruit, and more to decorate the snowman pancakes. Eat!

Have a Pajama Day:

- Choose a weekend day for a pajama day. Stay in your pajamas, watch cartoons, and have a relaxed day at home.

FEBRUARY

Host a Valentine's Dinner

- Decorate your kitchen with paper hearts and make a sign to call it Cupid's Cafe (name idea from my friend Jenae at ICanTeachMyChild.com) or another fun name. Serve dinner on heart shaped plates. Give everyone pink lemonade or another pink drink. Go around the table and share things you love or like to do with each person.

Have a Glow stick family dance party

- Make a kid-friendly playlist of your family's favorite songs. Give everyone several glow sticks and glow stick necklaces/bracelets. Clear a space, dim the lights and dance to the music together.

MARCH

Host a Spring Cleaning Scavenger Hunt:

- Turn spring cleaning into a game. Create a scavenger hunt with pictures like finding and putting away toys, spraying the windows, helping wipe down surfaces, and more.

Dye Eggs

- Use your favorite technique to dye eggs. We love making Volcano Eggs with food dye, baking soda, and vinegar. [Here are the Volcano Egg details.](#)

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APRIL

Host a Family Jogging Club:

- Map out a big circle around your backyard, park, or cul de sac with cones, chalk, or other markers. Give each child a small 4x4inch piece of paper with their name on it. Let them decorate it with markers and stickers. Encourage each family member to run around the big marked off circle. Every time they finish one lap, use a hole puncher to punch a hole on the edge of their card. Continue until everyone is tired or their cards are full!

Have a Celebrate Relatives Day:

- Plan a day to visit, call, or make art for grandparents, aunts, uncles, or cousins. It's a great way for toddlers to bond with extended family members. Show your child photos of their relatives and share a story or two from when you were little.

MAY

Host a Sidewalk Chalk Art Day:

- Spend a creative afternoon outside with sidewalk chalk. Draw colorful pictures, create games, or just have fun making your own art together. Add fun tools that kids can use, like spray bottles, paint brushes, and water.

Have a Homemade pizza night:

- Create a special night dedicated to enjoying pizza that you make together. Make your favorite homemade dough (or get some from your favorite pizza parlor). Set up a variety of toppings, and let your toddler build their own delicious pizza creation. Eat the pizza together.

JUNE

Have a backyard campout:

- Set up a tent in your backyard or at a favorite local camping spot. Grab a sleeping bag/blankets and stuffed animals. Have some "camping" playtime together in the tent and read a story until bedtime. If your toddler is up for it, sleepover in the tent.

Tie Dye T-shirts:

- Get some plain white t-shirts, rubberbands, and a tie dye kit to make some special tie dye t-shirts. Go here for my [easy tie dying with kids tips](#).

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JULY

Host a Bubble Party:

- Host a bubble party in your backyard. Provide different types of bubble wands and let your child chase and pop bubbles.

Have a Family Game Night:

- Set aside one evening for family game night. Choose board games your child loves or create your own simple games that the whole family can enjoy.

AUGUST

Have a Story time Breakfast

- Bring 5-7 of your child's favorite picture books to breakfast. Display them on the table or counter. Eat a simple breakfast together while reading stories to your child. If your child is going back to school soon, you could pick to read back to school themed books.

Plan a Family Outdoor Adventure day

- Explore a new outdoor activity together, whether it's a hike, a trip to a new playground, a visit to a petting zoo, or a day at the beach.

SEPTEMBER

Host a Family Cookie Chat

- Make or buy cookies. Pick a time to all sit down together to eat cookies and chat. You can use our [printable Cookie Chat conversation starters here](#) or come up with your own.

Have a Favorite Meal Night

- Have a special night where you eat someone in your family's favorite meal. Or take the Favorite Meal Night Challenge and have each family member pick a favorite item that can be included in the meal. For example: Mom picks baked potatoes, Dad picks macaroni and cheese, and child picks chicken nuggets. You make a small amount of each item and enjoy them all together!

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OCTOBER

Go on a Halloween Scavenger Hunt

- Create a Halloween-themed scavenger hunt around your house or outside. Use pictures or simple clues for your toddler to find small Halloween-themed items or treats.

Have a Halloween Story time

- Create a cozy atmosphere at home with blankets and dim lighting. Read Halloween-themed books or tell not-too-spooky stories to get into the Halloween spirit.

NOVEMBER

Plan a Cooking Together Day

- Involve your toddler in the kitchen. Choose simple recipes that they can help with, like mixing ingredients or decorating cookies. Have them help you shop for the ingredients and assist in the kitchen to make the meals.

Have a Family Movie Night

- Have a family movie night with movies your child will enjoy. Create a cozy movie-watching space with blankets and pillows. Bonus points: Make a movie watching fort.

DECEMBER

Set up a Hot Cocoa Bar

- Set up an area in your kitchen with hot cocoa mix, cups, and marshmallows. Make hot cocoa and drink it together. Optional: Add mix-ins like candy canes, whipped cream, and Pirouette Wafers.

Have a New Year's Eve Family Party

- Make pizza together and cut or form the pizza dough into the shape of the new year numbers (ex. 2024). Do a [New Year's Eve Scavenger Hunt](#) or play other fun games together.

BLACK & WHITE
PRINTABLES

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