

BUILDING IDENTITY AND CULTURE



For
Parents/
Carers

Ideas for Preschoolers

Growing up with culture

Help to build your child's identity through culture. Culture involves family traditions and the way a group of people live. It can include values, beliefs and practices such as:

- Language, stories and songs
- Food, recipes and meals
- Places and locations
- Celebrations and events



Why learn about culture?

Talking with your child about their culture helps their social and emotional wellbeing as they grow and learn about who they are.

Celebrating other cultures can also help your child to learn more about themselves and other children.

Ways to explore family culture

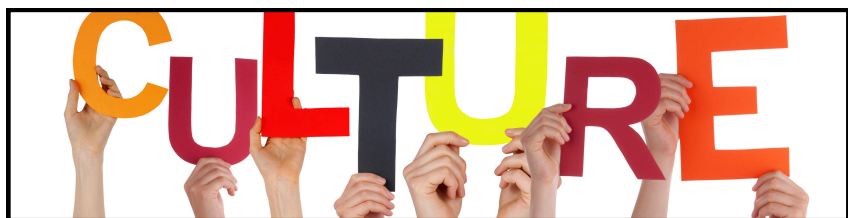
1. Tell stories about your own culture
2. Sing family songs or learn new ones
3. Cook recipes that are a 'tradition' in your family
4. Visit places that have a special meaning
5. Wear your national colours and clothes
6. Go to cultural events and days together



Games and activities to try!

Learning about different cultures

- Cook recipes and eat foods from around the world
- Read books and stories about different places
- Sing or listen to songs in other languages
- Meet children and families from other countries



Things to use for cultural play

1. Maps and national flags of other countries
2. Fruit, vegetables and other cultural foods
3. Toys such as animals from around the world
4. Traditional hats and outfits for dress-up games
5. Puzzles, books and stories about different places
6. Music and songs in other languages



Tips to find out more about culture in your local area:

- **Visit the library** and ask about local culture and books or items for loan
- **Talk with staff from your preschool or childcare centre** about how they respect different cultures
- **Check with the council** about cultural events and days
- **Find local cultural groups** that run local activities and events

If you have any concerns about your child, contact your local [Child and Family Health Service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



Health
Hunter New England
Local Health District

Proudly supported by
GLENCORE



HNEkidshealth
Children, Young People & Families