

BUILDING BELONGING

A Parent's Guide to Creating Belonging in Your Family and Community

Every child needs to feel they belong—to know they are valued, accepted, and loved just as they are. A strong sense of belonging at home and in the community builds confidence, strengthens connections, and helps kids thrive.

Why Belonging Matters

- Encourages emotional security and resilience.
- Fosters open communication and trust.
- Strengthens connection at home and beyond.
- Helps children feel confident in who they are.

"True belonging doesn't require you to change who you are; it requires you to be who you are."
~ Brené Brown ~

Building Belonging in Your Family

- **Create Family Traditions:** Big or small—Friday pizza night, game night, or holiday rituals give kids roots.
- **Encourage Each Voice:** Invite everyone to share ideas and feelings—show kids their opinions matter.
- **Celebrate Individuality:** Recognize your child's unique strengths and interests.
- **Prioritize Together Time:** Daily meals, highs & lows of the day, or bedtime chats help connection grow.
- **Model Respect & Inclusion:** Show kindness and value differences within your family.
- **Create Safe Spaces:** Make sure kids feel safe sharing without judgment.
- **Use Positive Affirmations:** Remind them often "I'm glad you're part of this family."

Building Belonging in Your Community

- **Connect with Neighbors:** Take time to know the people around you—greet, check in, and support each other.
- **Get Involved:** Volunteer together at local events, schools, or service projects.
- **Support Local Activities:** Encourage your child to join sports, clubs, or arts programs where they can connect with peers.
- **Celebrate Diversity:** Teach your family to appreciate and learn from people of all backgrounds.
- **Build Inclusive Friendships:** Invite new families, classmates, or neighbors to join in gatherings and playdates.
- **Practice Kindness in Public:** Model respect and compassion in everyday community interactions.

Belonging starts at home but grows stronger when children feel accepted in their schools, neighborhoods, and communities. Together, families and communities can give kids the confidence and connection they need to thrive.

Learn more at bstrongtogether.org

