

All Families Belong: National Adoption Month Activities

Key Teacher/Provider Guidance

What to say

- “Families are made in many ways.”
- “Grown-ups can become a family through birth, adoption, foster care, marriage, or caring relationships.”
- “Your story is yours to share only if you want to.”

What to avoid

- Avoid assignments like **“Bring a baby picture”** or **“Draw your mom and dad”**
- Avoid asking children **why** they were adopted or where they “really” came from
- Avoid phrases like **“real parents”** (use “birth parent,” “first family,” or “biological parent” only when appropriate and family-preferred)

Classroom rule that helps everyone

“We don’t ask personal family questions unless someone invites us to.”



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Activities by Age Group

Infants (0–12 months)

1) “Care and Comfort” Routine Cards

Take photos/icons of comforting routines (bottle, rocking, singing, cuddles). Use them during care times to reinforce: *“You are safe and cared for here.”*

2) Family Photo Display (opt-in)

Invite families to share a photo if they want. Label simply: “My Family.” Keep it optional and private.

3) Warm Connection Music Time

Sing songs about love and belonging (“You are loved,” “You are safe”) with gentle rocking and mirroring.

Toddlers (1–2 years)

1) “Families Match” Picture Cards

Match caregiver/child pictures showing diverse families (grandparents, single parents, two parents, blended families). Focus on: *“Love makes a family.”*

2) Feelings Faces + Comfort Tools

Use simple emotion cards (happy/sad/mad) and practice coping: hug a stuffed animal, breathe, ask for help.

3) “All About Me” Collage (no baby photos required)

Children choose from magazines: favorite foods, colors, pets, activities—building identity without family pressure.

Preschool (3–5 years)

1) Read-Aloud + Community Talk

Prompt questions:



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- “How did the characters show they care?”
- “What makes someone feel like they belong?”
Keep it general; avoid personal sharing pressure.

2) “Kind Words Chain”

Each child adds a paper link with a kind phrase:

- “You can play with me.”
- “I’m glad you’re here.”
Make a classroom “belonging chain.”

3) Family Role-Play Center

Dramatic play with flexible roles: caregiver, sibling, helper, grandparent, neighbor. Use open-ended props (not “mom/dad only”).

School-Age (6+)

1) Belonging Pledge Poster

Kids co-create class agreements:

- Respect privacy
- Use kind words
- Include others
- Ask before hugging
Post and revisit.

2) “Different Paths to Family” Lesson

Use a simple chart showing family-building ways (birth, adoption, blended, kinship care, guardianship). Keep it neutral and inclusive.



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3) Kindness Service Project

Write thank-you notes to helpers (librarians, nurses, teachers) or create a “welcome kit” for new classmates (school supplies + notes).



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