

## Fun Ideas

Try these fun ideas to get your family talking about your family health history.

- Bring as much family health history as you can to your next family gathering. This will jump-start a conversation. Then ask other family members to help you find missing pieces of information.
- Write a chapter on your family health history in your personal history.
- Instead of using a tablecloth, use sheets of butcher paper to cover the table and put crayons out for everyone to color with. Write down what you know about your family health history on the paper and then share what you wrote.
- Bring a copy of your family health history to your summer family reunion. Or plan time during your summer reunion to talk about your family health history.
- Take a child or grandchild to your Family History Center to research your family health history. To find a center near you visit, [www.familysearch.org](http://www.familysearch.org).
- Collect your family health history and give it as a Christmas or birthday gift.
- Pick a family member to be your “health buddy.” Then work together to learn more about your family health history.
- Add a section on family health history to your family newsletter.
- Add your family health history to your baby’s keepsake book. Or if you have a new grandchild, give a copy of your family health history to his or her parents.
- Write a letter or send an e-mail to your family telling them how important you think knowing your family health history is.
- Turn family health history into a youth project for school or church. It may even count toward earning Boy Scout and Girl Scout merit badges and other awards.
- Have a recipe contest to turn family recipes into healthy treats and use this activity to share stories about your family, including your family health history.



Make  
Family  
Health  
History a  
Tradition