



FAMILY STORYTELLING THAT BUILDS STRONG KIDS

Why sharing family stories matters

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Family stories are powerful. When kids hear where they come from, it boosts their confidence, helps them bounce back from challenges, and strengthens their mental health — even years later.

Kids who know their family stories thrive.

Research shows they score higher in:

- Self-esteem
- Resilience
- Lower anxiety
- Stronger family connection

(Emory University, 2008)

Just 30 minutes makes a difference.

A single storytelling session actually doubled o stress hormone).

(PNAS, 2021)



Small changes create long-term impact.

When moms were taught simple ways to tell stories more openly, their kids' confidence and mental health improved — and those benefits were still noticeable at age 21.

(Journal of Research in Personality, 2022)

Grandparents are the best!

They naturally want to pass down what they've learned, and kids build their identity by hearing those stories. Everyone benefits.

You don't have to wait for holidays.

Make space for storytelling anytime:

- Ask about an old photo
- Invite grandparents to share a favorite memory
- Make a list of stories you'd love to hear
- Share your own childhood moments

A few minutes of storytelling can shape a child's future. Start today — one story at a time.