

FAMILY SUITCASES



Australian
Childhood
Foundation

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How Families Carry around Love and Care

Did you know that every family has a special suitcase for their most precious things? This is a suitcase that can never be left behind because everyone carries it with them. **Every family's suitcase is unique.**

Here are some of the things that could be in the suitcase:

- Memories of times the family shared love
- The stories behind how family members got their names
- Postcards of favourite places the family has been
- Jokes that have been shared
- Special family toys
- Favourite family recipes
- Funny stories about family members
- Songs that family members played over and over
- Snapshots of family celebrations
- Conversations with family members that helped people to feel cared about

Everyone keeps adding to their family suitcase across their lives. People can dip into their suitcase in a quiet moment and take out things to have a look. Sometimes it can feel joyful to think about things in the suitcase, other times it can feel a bit sad or hard.

The things we keep in our family suitcases are always meaningful and important.

I wonder what things you have in yours?

