

Parent Talk

MARCH 2026

Women's History Month

March is Women's History Month and a great time to engage in activities with your family that involve learning about all the amazing women who have contributed to our country and world. Kids may hear about Women's History Month in school and have questions or want to get involved. Here are just a few of the ways you can get started!

Visit Museums And Historical Sites

Many museums offer exhibits that highlight women's history not only in March, but year-round. Make a list of any local museums you may want to visit and see if they're offering any exhibits or presentations that focus on female pioneers. Additionally, if you're lucky enough to live close to an official historical site, think about taking a guided tour so you can ask questions in real time and make the experience fun for younger kids. Getting to actually see the places and things kids are familiar with from history can help them make a stronger connection to what they're learning.



Plan A Library Day

If your kids have expressed interest in learning about a particular woman or women-led moment in history, a good place to start is your local library. Most will have dedicated sections for history, and this should include highlights of women's history. If your child wants to learn more about a specific person, try looking for biographies or autobiographies. For younger kids, many of these key female figures from history will have kid-friendly versions of their story with pictures.



Make A List Of Inspirations

Making a list of female inspirations can be a great way of getting kids excited about Women's History Month. This doesn't necessarily need to be women from history either. Start by thinking about the females in your child's life who may inspire them. Moms, aunts, sisters, grandmas, and everything in-between. All of these people have their own important histories to share. Think about planning specific days or outings with female family members. For example, you could have a "Grandma Day" where your kid spends the day with Grandma and learns more about her life and what things were like when she was growing up.



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