

Family Holidays & Traditions *by Heather Grocott*

The holidays are a stressful time for everyone, and often our kids tend to get caught in the shuffle... How do we teach and establish family traditions with our children? How do we ensure that the traditions we have established with our children will continue to the next generation? How do we allow your children to participate in and connect with family traditions?

During the holiday season, it is important to teach your children the true meaning of your holiday traditions. As the holidays get near, talk about traditions at dinner time each night. Visit the local library and allow your children to borrow books about the holiday you will soon celebrate. If children choose their own books, they are more likely to respond and understand their meaning.

Share old photos of family celebrations and traditions from your own childhood with your children. Children love to see their parents when they were children through photographs. Create new memories by remembering those from the past!

Involve your children in preparing for the holidays. Allow them to help prepare desserts, set the table, make place cards for your guests, and create decorations for your home. Remember to teach them that the holiday is about spending special time with family and friends.

During the holiday season, it is also important to reach out to your local community. Volunteer at a local homeless shelter, participate in local holiday events, or collect food for a local food bank with your children. These are great traditions that your children can pass down to the next generation.