

## BUILDING HEALTHY FAMILIES



### The most valuable gift you can give is your time!



#### What is a family tradition?

**A tradition is a custom or belief passed down from one generation to another.**

#### What makes a tradition important?

**Many families develop traditions around the celebration of holidays that include all family members.** This is a way of increasing family bonding and developing a shared identity. Traditions are an opportunity to support or reinforce values that are important to the family identity. Through engaging in activities together there is a feeling of belonging created. Traditions can provide a lifeline for individuals and help to increase resilience.



#### What makes it a tradition?

**The simple answer is:**

**You Do! The tone a parent sets becomes a tradition for children.** Many parents may already have holiday traditions that they want to pass down to their children, such as creating a special recipe, reading a story, singing songs or participating in a specific holiday ritual or seasonal activity. Parents who do not have happy childhood memories around holidays can create new traditions with their own children.

**All parents have the power to create joyful moments and happy memories for their children!**

This year has posed extraordinary challenges to many families. Financial strain, the loss of loved ones, and the challenges of navigating COVID safety precautions have all impacted the traditional ways



“When you give someone your time, you are giving them a portion of your life that you’ll never get back. Your time is your life. That is why the greatest gift you can give someone is your time.”

-Rick Warren

families celebrate. This year provides opportunity to create new traditions and fill the family home with happiness and joy.

#### How do we create a tradition?



**Think about the routines you already have and what might add something special to them.** Every family is different and has a unique identity, so finding the right tradition for your family might take some trial and error.

Take a look at the list on the next page to see some of our Team’s favorite traditions.

#### Dad’s Corner

Something new and different adds delight and joy to your child’s world. Singing a song together or having a dance party is a fun way to mix things up a bit.

**Remember how important you are!**

## Ideas for Seasonal Fun



**Share your ideas with your Family Support Specialist!**

- \* Make holiday decorations
  - Popcorn chains
  - Colored Paper Chains
  - Salt dough or Apple Sauce and Cinnamon dough cut out with cookie cutters
  - Paper or foil snowflakes
  - Holiday themed coloring pages
  - Cut out old holiday cards and glue to colored paper to make simple ornaments
- \* Decorate the house together with all your creations.
- \* Make a new recipe or bake and decorate cookies together.
- \* Write letters to Santa.
- \* Send cards and pictures to family.
- \* Create a homemade coupon book to gift to someone special.
- \* Walk or drive around to enjoy lights in your neighborhood and surrounding area.
- \* Identify a special book to share, and act out the character parts.
- \* Wrap books like gifts and open one each night to read together.
- \* Join friends and family for caroling on ZOOM or other online meeting space.
- \* Play board games together or work on a family puzzle.
- \* Gift a homemade item to a neighbor or loved one by dropping it off on their porch.
- \* Sing your family's favorite holiday songs together.
- \* Have a family friendly movie marathon.
- \* Enjoy the outdoors together; walking, sledding, building a snowman...whatever the weather allows.

