

Start a Family Tradition



Start a new family tradition this month and watch it unite your family. Kids love traditions. In our home, if we have pizza two Friday nights in a row, we've started a new tradition.

Traditions say to our children and family, "This is what WE do to celebrate and remember." Traditions create shared experiences and memories that connect us to each other. They offer something dependable in an undependable world, and foster a sense of belonging.

Be creative and watch your family enjoy each other in a new way. Here are some ways to center your traditions:

Around a Holiday. April 13th is Thomas Jefferson's birthday who our president at the time of the Louisiana Purchase. Make a Cajun dinner to celebrate. Check out a book about our third president to read after dinner. Spend some time making a list of reasons you are glad to be an American.

Around a Milestone. When a boy or girl turns 13, have Dad or Mom take the young adult for a special dinner or getaway weekend. This will provide a natural opportunity to talk about the teenage years and beyond.

Around Everyday Events. Put a note into your child's school notebook or lunchbox every Monday to get them off to a good start. Go out for ice cream after each soccer game or band performance.

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