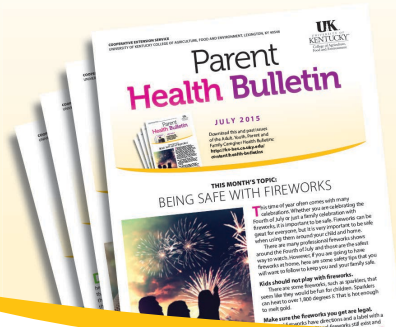


# Parent Health Bulletin



DECEMBER 2015

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## THIS MONTH'S TOPIC: CELEBRATING HOLIDAY TRADITIONS

**T**raditions can have many benefits for families. This time of year your families may have several traditions that you celebrate. If you do not have any traditions, this may be a great year to start one. Studies have shown that when a child lives in a home where there are traditions, that those children typically are more self-confident. Traditions strengthen the family bond and offer comfort and security for a child.

What is a tradition? Traditions are actions or behaviors that you or your family repeatedly do in the same way and possibly even at the same time. These can be something big or even something very small. These are different from habits or everyday

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# ***Traditions strengthen the family bond and offer comfort and security for a child.***

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routines because they have a purpose. Traditions can also help children as they grow to better understand their family and feel important.

### **Traditions help children with self-confidence.**

For children who are learning who they are, family history and traditions help them understand that they belong to a family and history that is bigger than just them.

### **Traditions strengthen the family bond.**

Research has shown that families that say they have family traditions also show greater unity and stronger connections to one another when compared to families that do not report having any traditions. Traditions offer a time to be with one another. It is during this time that all members of the family get to better know each other and create a stronger bond as a family.

### **Traditions can offer children comfort and security.**

In today's world, many trends come and go. Traditions are occurrences that happen regularly where children know what to expect and maybe even when to expect it. Perhaps the family tradition is that Friday night is pizza night. No matter what else is happening with the family, there is comfort in knowing that dinner on Friday will be pizza. This can also provide security if there is change within a family such as having to move. When there are so many new things going on, having pizza just as the family has always done, provides a sense of security for the child.

*If you do not already have a tradition, perhaps you could start one this year with your family and enjoy the benefits of it for many, many years to come.*



This time of year often allows families many opportunities for having traditions. Perhaps it is the one time of year that you cook a special meal. Perhaps there is a special story or family history that is shared. If you do not already have a tradition, perhaps you could start one this year with your family and enjoy the benefits of it for many, many years to come.

#### **SOURCE:**

<http://web.extension.illinois.edu/ccdms/facts/121204.html>

Parent  
**Health Bulletin**

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