



Every Day Traditions

Traditions are often fun and can help to develop stronger bonds within families. Children who grow up with rituals and traditions are often more resilient and have a greater sense of self and family identity.

Below is a short list of easy rituals that you may want to try with your family. There's no need to do all of them. Just pick one or two, be intentional, try them out for a time. Observe how your child responds.

Daily rituals and traditions:

- Morning greetings. Each morning, play a wake-up song on your phone, or greet your child by singing a little song from your own childhood.
- Bath time fun. Every time you wash their feet, count their toes, or play "little piggy". Or sing a song when washing different body parts.
- Bedtime routines. Read your child's favorite book every night. Do a tight bedtime tuck. Give them butterfly kisses (kisses with your eyelashes). Sing a simple sleepy time song.
- Think of a special way to say goodbye each day. Build on something you are already doing. Maybe do three hugs, a fist bump, and a high five.



Weekly and other rituals and traditions:

- Do Taco Tuesdays or soup and sandwich Sundays every week.
- Play board games together or build blanket forts on snow days and rainy Saturdays.
- Eat dinner at the table together (at least one or two nights a week).
- Have a living room picnic every Sunday, or the first Friday of each month.
- Have a special secret way to say I love you, sign language, or other gestures.



References: Coulson, Justin. (2017, February 2). *Family Traditions Help Kids Make Sense of Life*. Institute for Family Studies. <https://www.happyfamilies.com.au/blog/family-traditions-help-kids-make-sense-life/>; McKay, Brett and Kate. (2020, April 21). *Creating a Positive Family Culture: The Importance of Establishing Family Traditions*. <https://www.artofmanliness.com/articles/creating-a-positive-family-culture-the-importance-of-establishing-family-traditions/>