

Family Traditions Worth Introducing

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- **Shared Leisure Time**

Going on picnics, walking in the woods or parks, trips to the river, playing board games on weekends, reading together and discussing what was read, visiting museums, theaters, and cinemas, and having evening conversations over tea.

- **Family Celebrations**

Family members' birthdays, New Year, Christmas, and anniversaries are excellent opportunities to celebrate and share joy with loved ones.



- **Shared Meals**

Gathering in the kitchen over tea, coffee, and delicious food, discussing everything under the sun with the closest people—a unique form of everyday therapy.

- **Family History**

Creating a family photo album, creating a family tree, and collecting interesting stories and family legends are opportunities to know and respect your roots, be proud of your ancestors, and discover yourself. These activities provide excellent stability for each family member.

- **Family Heirlooms**

Paper letters, diaries, grandmother's rings, embroidered tablecloths, etc., are parts of history worth preserving. It's unnecessary to keep everything from the past; retain items associated with significant events that reflect family relationships and have stories.

Family traditions are recurring rituals that reflect our inner values. Shared traditions unite the family, provide support and comfort, and make life predictable. People who have room for family traditions in their lives generally feel happier. Support, stability, and understanding of what is happening in the world are significant for children—the more stable the family, the calmer and more successful the child.