

Family rituals and traditions

Rituals are the unique family activities or celebrations that recognise special events or achievements. Rituals and traditions are important to kids and important to families. They help to establish the memories that bind people together and children inextricably to their family.

Christmas, birthdays and bah mitzvahs are examples of more common rituals and traditions that are practised in many families. But each family tends to celebrate and mark occasions in their own unique way.

Rituals that work best are those that emphasise celebration and involve fun and enjoyment.

Events such as weddings and funerals help children find their place in the wider family tribe.

Rituals and traditions are best described as 'we' events. It is the notion that 'we' in this

family celebrate or mark events our way. It is the rituals and traditions that set each family apart.

While some rituals are culturally based or ingrained in family tradition others evolve due to individual circumstances. Children can participate in establishing new traditions and rituals, new ways of celebrating or marking events.

As families become increasingly similar in this media age it is important to maintain those distinctive traditions and rituals that make each family special and signifies a child's significance within their primary social group – their family.



Quick Parenting Quiz

1. *What percentage of Australian adults in their twenties live with their parents?*
 - a) 15%
 - b) 25%
 - c) 35%
 - d) 45%
2. *Children's brains are most responsive to language learning from:*
 - a) 3-11 years
 - b) 5-13 years
 - c) 10-18 years
 - d) 0-8 years

Answers: 1c) 2d)

Vitamins for parents

Four traditions that you can establish in your family:

1. **Do something special or different with children the day before they return to school each term.**
2. **Have children wait until they reach a certain age until they get something special such as an adult-sized bike.**
3. **Celebrate your child's thirteenth birthday in a special or unique way.**
4. **Establish an adult-initiated coming of age ceremony for young people.**

Bright idea



Make daily greetings a ritual

Make sure that family members acknowledge each other and say 'good morning' and 'good night' every day.

Wise & Witty Words

"Your children need your presence more than your presents."

Jesse Jackson

"I like children. I never gave them a second thought while I was making them, but I like them very much."

Jake Thackeray