

## **Value of Family Traditions:**

1. Creates memories
2. Links the past to the present—gives children roots
3. Provides a comforting rhythm to the cycle of family life
4. Establishes family identity—"We do it this way."
5. Builds family unity and a sense of closeness
6. Highlights the significance of special occasions
7. Communicates how a family values each other

## **Tips for Traditions**

1. Keep them simple
2. Make them fun
3. Center them on values and relationships

<http://www.paulthigpen.com/familylife/familytraditions.html>