

family series

What Can We Do Together?

Tips for Building Family Traditions

Chances are you've asked yourself this question. Being a parent is a tough job. **Prevent Child Abuse** Indiana believes that we all want to use the best means possible to raise and nurture children. With a few skills and tips, all of us can build stronger family relationships.

Family traditions can take many different forms. Traditions can be everything from annual holiday celebrations to playing a game together every Friday night. All traditions have one thing in common — they bring families closer together. Developing these family ties helps strengthen your family bonds now and for generations to come. Here are some ideas on how to start traditions in your family and form closer family relationships:

- Ask family members to tell what their "ideal" family tradition would be. If possible, involve extended family as well as your immediate family. Consider everyone's likes and dislikes and try to include something from each family member in the new tradition
- Research your ethnic and religious heritage to find an activity that can be tied to your values and beliefs. This can provide for a stronger and more lasting family tradition.
- Seek agreement and commitment by family members when deciding on a new tradition. Remember that family traditions are a way to spend time with your family doing something that everyone enjoys.

- Make a plan. Give each member of your family a specific task in the new tradition. This helps each member feel responsible for the success of your new tradition.

Family traditions will not always go as planned, but that will make them memorable. It is never too early or too late to start a family tradition. The most important thing is that your family is spending time together strengthening your relationships.

Adapted from "Celebrating Traditions Can Strengthen Family Ties" by Ohio State University Extension and "Creating New Holiday Traditions" by Carleton Kendrick, Family Education Network.

Should you need more information about this or other parenting concerns, please visit www.pcaain.org.



Prevent Child Abuse Indiana

9130 Otis Avenue
Indianapolis, IN 46216
tel: (317) 542-7002
fax: (317) 542-7003