



How to...

DID YOU KNOW?

In a recent survey, 40% of adults said their most cherished holiday tradition is spending time with family and friends.



Celebrate family traditions

Experience the joy of making long-lasting memories together.

Your family may have special traditions, particularly during this time of year as the holidays approach. Whether making cookies, walking around the neighborhood to enjoy colorful lights, or watching a favorite holiday movie, these traditions can help you feel closer to the people you love. You can enjoy established traditions or create new ones together. Here's how to get started.

Consider current traditions

Think about the traditions your family already has, then write them down. For example, a shared tradition might be going to a favorite ice cream stand on vacation every summer. This time of year, you may have several traditions centered on upcoming holidays. They could include making a cherished family recipe, posing in front of your home every year for a family photo, or getting new matching winter pajamas. Ask older adults in your family what traditions they remember participating in as children. There could be some they might have forgotten but may enjoy reviving.

Brainstorm new ideas

Next, gather the thoughts you and your family may have for brand-new traditions. Add those ideas to your list. For instance, you could discuss making a special once-a-year outing, like going to a nice restaurant or seeing a show. Traditions can also be super simple. For example, on

Thanksgiving Day, you could plan to watch the annual Macy's parade on TV, round up relatives before dinner to play a family game of football, or volunteer at a soup kitchen to serve others. Also consider initiating new food traditions, like creating a waffle bar with everyone's favorite toppings the morning after a big holiday.

Get your relatives on board

Many families have members who love to organize and bring everyone together. Think about who those people are in your family, whether it's a parent, aunt, uncle, or grandparent. They can help you with creating the "guest list" for any special family gathering, picking a date and time, and choosing the setting. They can also help you plan a video call with loved ones who may live far away but still want to share in the fun.

Create a keepsake

Celebrating traditions is a great way to create family memories that last forever. Consider taking photos while you're spending time together. Then you can display one in a frame to remind your family all year long of the fun you had. If you try a new tradition, take time afterward to reflect on it. Did your family enjoy it? Is there anything you would do differently next time? The point of a tradition is to like it so much that you want to do it again. It's also OK to change it in a way that works best for your family.



Pull out old family recipes.