



### **Importance of Family Traditions**

What are your favorite family traditions or holidays? Did these traditions come from your own childhood or are they new traditions you have created in recent years? Whether they are cultural, religious or personal, families celebrate holidays with traditions in their own special way. Take time to talk with your child about the holidays that are important to your family and your own family traditions. Explain to children what you believe and why as well as where your traditions came from.

These different events or traditions are a great way to strengthen family bonds and for families to feel a sense of belonging to a large social group. Studies show that family traditions help people

understand their own identity, how they fit in the family, and their role in society. Additionally, it has been found that traditions are a great way to promote cultural practices and aid in development. It is also important that traditions are able to adapt each year to fit the needs of a changing family. We hope you enjoy this season with your family by participating in family and community traditions whether old or new!



Think about traditions you already have as a family as well as other traditions that might be fun to try. Holidays can be a good time of year try a new family activity. The list below includes the latest and greatest in trending traditions:

- **Host a food contest:** pick a family favorite food and ask your children to create their own special version of it to share with the family. Make it a contest by picking a few categories such as "best decorated" or "most delicious."
- **Game night:** try playing a new board game or card game together to teach your child a favorite game from your own childhood.
- **Movie madness:** vote on a family favorite holiday movie. Each year, make time to watch the movie together as a family.
- **Holiday light tour:** map out a neighborhood that is particularly festive during the holidays and make it a tradition to drive or walk through the neighborhood together as a family.

- **Attitude of gratitude:** ask each family member to share something he or she is grateful for. Share with your child something you are grateful for first to be a role model.

For more articles like this one see

[Oregon Parenting Together](#)



### **Healthy Christmas Snacks Your Kids Will Want to Help Make and Eat**

Swap out sugar-saturated treats for these adorable snacks packed with protein, vegetables and fruit.





# DECEMBER

## Looking for something fun and free this month?

**Holidays at the Capitol-** Monday-Fridays through December 22nd, 10:00-2:00pm. The Capitol Rotunda is filled with sounds of the season with visiting choirs throughout the state. Oregon State Capitol- 900 Court Street Salem, OR.

**Dallas Winterfest-** Friday, Dec. 7th 5:00-8:00pm. Kick off the holiday season on the beautiful Polk County Courthouse Lawn with Santa, the tree lighting, food trucks, Christmas vendors, music, hot cocoa, and cookies plus a singalong. Polk County Courthouse Lawn- 850 Main Street Dallas, OR.

**Keizer Christmas Parade-** Saturday, Dec. 8th 5:30-8:30pm. Parade steps along River Road beginning at 7:00pm.

**Stayton Holiday Kickoff-** Saturday, Dec. 8th 11:00-6:30pm. Photos with Santa, a showing of "Miracle on 34th Street," Christmas caroling and the town tree lighting in historic downtown Stayton.

**Free Carousel Rides-** Tuesday, Dec. 25th 12:00-4:00pm. Ride the carousel for free with a suggested canned-food donation benefiting the Marion-Polk Food Share. Salem's Riverfront Carousel, 101 Front St. NE.



## Blog of the Month

The holiday season is about to kick off with a bang! I don't know how other parents feel, but for me, once Black Friday arrives I literally tighten up my abs in preparation to be punched in the gut with holiday stress. The shopping madness, the pressure to decorate like the Griswolds, the baking, family gatherings, hosting, recitals, programs, etc.

Did I leave anything off? Don't get me wrong, I love the warm feelings of the holidays.

[-- Read More --](#)

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## Parent Education Near You

### **Abriendo Puertas- *Spanish***

Thursdays, Nov. 8- January 24, 2019

10:00-12:00pm

Salem Keizer Coalition for Equality

3850 Portland Rd NE #100

Salem, OR 97301

Call (971) 239-9662 to register

### **Nurturing Parenting- *English***

Thursdays, Oct. 4- February 28, 2019

5:30-8:00pm

Morningside United Methodist Church

3674 12th St

Salem, OR 97302

Call (856) 776-5347 to register

**For additional classes in Marion county visit our [calendar!](#)**



## **Circle of Security**

Wednesday, November 7th- January 30, 2019

5:30-7:30pm

Wascher Elementary School- Lafayette

986 E. 7th Street

Lafayette, Oregon, 97127

[Click here to register](#)

**For additional classes in Polk county visit the Mid-Valley Parenting [calendar!](#)**

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**Vroom**  
Brain building moments

**Vroom Tip**