

a few notes

Topic: Family Traditions



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Do you have a family tradition that you do every year or at the holidays? These family traditions and rituals matter. According to EvolveTreatment.com, your family holiday traditions are made up of rituals and routines that you develop over time or are passed down to you through several generations. Evidence shows that family rituals and routines are an important part of childhood and adolescent development. They create a reliable structure within which your children grow, learn, and gradually understand their place both in your family and in the world. So during this season of many different celebrations, enjoy your traditions with your family or start a new tradition if you have not established any. [Click here for Source](#) .