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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **The Importance of Family Traditions**  **Family traditions offer a special connection between you and your family that can last for generations. Establishing family traditions can create memories that you’ll remember forever.**  Many families have traditions that have been passed down from previous generations. They often evoke the fondest memories that everyone cherishes and wishes to carry on. They can be as simple as a family movie night, a victory handshake, or passed down heirloom. They can also be started, ended, and changed. There’s no right or wrong way for how these practices must look or grow over time, but here’s why they’re important to have.  **Traditions can educate children about their family heritage.** Family rituals help define who your children will be. Their social identity comes from meanings given or developed from their relationships with others. If at some point in their lives they experience an identity crisis, your values will give them a sense of ownership and pride, making them feel grounded. When they have concrete memories of their loved ones to look back on, they can find happiness during times of loneliness.  **Traditions help keep family members focused on each other.** There are many distractions keeping you and your family busy every day, which makes it very easy to lose sight of what’s most important to you: your family. Whether you chose to eat dinner together every night or go on a vacation together every year, spending time with those closest to you will keep you focused on your family.  **Traditions help maintain connections.** As children grow they grow beyond their families. This is especially true if they move across the country for school or a new job. Traditions, such as annual reunions and weekly video chats, will help them stay connected. Even family heirlooms, such as letters or jewelry, can give them something physical to hold on to.  **Traditions help a family relax.** Many families feel the stress of today’s fast-paced life. Work and even extracurricular activities can make them feel overwhelmed. That’s why it’s important to establish a tradition that helps you unwind and reconnect. For example, watching a movie every Saturday night can be something to look forward to at the end of a long week.  **It’s never too late to start traditions.** Forming or maintaining traditions increases your loved ones’ understanding of the importance of family. Having traditions is said to reduce anxiety; improve connections; and foster honesty, trust, and respect. Being with family strengthens these principles. So, what are you waiting for? Together, we can review your current financial situation and see what kind of traditions you can start with your family today.   |  |  | | --- | --- | | |  | | --- | | [LET'S CONNECT](mailto:##AdvisorEmail##) | |  |  |  | | --- | --- | |  | Tracking #1-05011563 Expiration 05/23 | | | |