

Holiday Traditions

It is that time of year, stores are bustling with shoppers and decorations are all around. There is an excitement in the air that you can almost feel. Everything seems magical, and you can bring that magical feeling into your own home and share it with your family. I am talking about family holiday traditions, certain rituals and events that you do every year. These are the things that bring the magic and excitement into your home.

Holiday traditions don't need to be expensive or elaborate. Anything that brings family and friends together and spreads joy and laughter is perfect!

You can get together with friends and go ice skating or bowling - of course this is something you can do almost anytime. But you can add a little something extra to make this time special, a special dessert or a small gift. Plan it as an 'after decorating party' and do it each year to give everyone something to look forward to.

Visit a holiday light display. If you live in a metro area or where there are commuter trains available, ride the train with your family to see the lights. It will be magical for little children - almost like riding the Polar Express! Many communities have concerts, pageants and other activities during the holiday season. Even department store window displays bring joy and excitement to kids.

Remember to give of yourself. My grown children still comment about helping less fortunate kids at Christmas time. Every year no matter how cash strapped we were, we always took them to the store and had them pick out some toys to donate to Toys to Tots. They would pick out something they would really like then give it away. Even when they were very young they understood why we were giving and they enjoyed it.

You can make cookies and take them to a lonely neighbor, or visit a retirement home. Doing activities like this teach children how to think of others and to provide service. This is probably one of the most important gifts you can give your kids - the gift of kindness.

Invite your neighbors over for a casual holiday party. Have everyone bring a small treat and just enjoy one another's company. In our busy world we don't spend as much time getting to know our neighbors as we used to. If it is cold, serve warm bread or pastries with cozy hot chocolate. You will have warm hearts and friends in no time.

Take the time to make memories and traditions this holiday season. Gifts are soon forgotten, but the good times you spend in the company of family and friends will linger forever.

About the Author

Cathy realizes the importance of [building traditions](#). She finds fun ways to create family fun without spending a lot of money! One of her favorite evening rituals with her family is enjoying a cup of [hot chocolate](#) while the talk about their day. Of course Cathy makes the best hot cocoa using her new [hot cocoa maker](#)!

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