

New Year's Traditions

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The New Year is about making positive changes for yourself and your family. It is a time of hope, optimism, and motivation. The New Year is also about looking back over the past year and seeing all you and your family have accomplished. Let's help the children we care so much about start the tradition of recognizing their successes over the past year, setting goals for the next year, and following through with their resolutions.

New Years should be a time of reflection over the past year. Here are some ideas of how to help your family talk about the past year.

- Have each family member share their favorite memory during a meal.
- Have each family member list an accomplishment they made last year and put each one on a poster or in a picture frame to display.
- Make a scrapbook page of events that occurred over the past year.
- Create a time capsule of mementos and memories from the year.
- Prepare a trivia game of fun questions about "What happened this year?"

New Years is a time to set goals both as an individual and for your family together. Here are some helpful hints for teaching children how to make resolutions.

- Help your child to set a resolution that is realistic and specific. Have them focus on one resolution instead of a whole list. Talk about why that resolution is important to them.
- Set a resolution as a family together (spend more time together; have family night once a month, cook one meal a week together, etc).
- Write down and post the resolutions somewhere visible in the house. Have the children help decorate the list.
- Check in with each other on how resolutions are going. Normalize changing habits is not easy, address set backs, and come up with ideas to keep each other motivated.
- Be a role model by following through with your resolution!
- Reward and praise small steps working towards the resolution.

Happy New Year!

References:

www.suite101.com

<http://carrieanddanielle.com/helping-children-make-new-years-resolutions/>

http://tween-communication.suite101.com/article.cfm/setting_new_years_resolutions