



# *establishing* **TRADITIONS** as a young family

- 1) Select the holidays for which you wish to establish traditions.
- 2) Write your spouse's family traditions and your family traditions next to applicable holidays.
- 3) Highlight family traditions you wish to keep.
- 4) Begin brainstorming ideas you and your spouse have for applicable holidays.
- 5) Take some time to think on those ideas.
- 6) Reconvene and finalize your list!
- 7) Write a list of rules for you and your spouse in how you wish to apply these traditions in your home.
- 8) Lovingly communicate your traditions to your extended families (ex: Do the Easter Bunny and Santa exist?)
- 9) Have fun!