Family traditions and daily rituals and routines are important for young children in developing consistency, stability, and their ability to anticipate. These skills developed in the early years help children to better navigate surprises and other unknown experiences and challenges that they may encounter. While consistent daily routines and rituals are important for a child in navigating day-to-day activities, family traditions are also important for establishing special activities that can support a child’s sense of self-identity, understanding of culture and language, and their relationships with special individuals in their lives.