

## Parent Resource

### **Traditions: Why Rituals and Routines are Important for Young Children**

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 helps 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.

Click on the images below to read articles regarding celebrating family traditions and cultural awareness and the importance of routines and rituals for young children.



**“Celebrate  
tradition and  
cultural awareness  
with young  
children” – By  
Southwest Human  
Development**

**RITUALS AND ROUTINES:  
Supporting Infants and Toddlers  
and Their Families**

**Linda Gillespie and  
Sandra Petersen (NAEYC Young  
Children, September 2012**

