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Family Traditions

17 A family is a group of people that are related by birth, by marriage, or
30 another reason, like foster care or adoption. There are other ways people can
47 be included in a family. A person may be included if he or she is a lifelong
61 friend to a member of the family. A person could be considered ‘family’ if
74 he or she served together in the military with someone in the family.
83 Families have mothers and fathers, grandmothers and grandfathers, sons,
89 daughters, aunts, uncles, cousins, and more.

101 Families often have traditions that help members of the family feel a
113 stronger connection to the past, and to each other. Traditions include events,
124 activities, a love of music, dancing, participating in sports and games,
137 preparing meals or cultural foods, or celebrations in a religion that people in
141 a family do together.

151 Traditions can be things like eating a Thanksgiving dinner, opening
162 presents on Christmas morning, or fifteen year-old girls wearing white
175 dresses for their *Quinceñeras*. A family tradition can be snuggling up in lawn
186 chairs watching fireworks on a Fourth of July evening, grinning children
196 gathered around a picnic table singing, “Happy Birthday”, or grandchildren

206 helping their *abuelita* make tamales. Other special occasions families might
216 consider traditions are traveling to their home country during school
228 holidays, young and old family members playing soccer or softball at the
240 park, or eating *pozole* and *buñuelos* at an aunt and uncle's house.

251 Traditions can be wonderful when families participate in them, but they
266 can be sad when members of a family can't be there because they are not
275 able to attend, are sick, or have passed away.

287 Traditions like taking a family photo, or walking on the beach holding
299 hands at sunset, are times we cherish and remember, and look forward to
311 doing again and again. Honoring traditions, by keeping them going, is the
322 responsibility of the older members of the family. Having fun, singing,
333 dancing, playing, joking around, shaking hands, and giving kisses and hugs
336 are everyone's job.