



Patterson and Tedford Pediatrics

Hot Topic

A DOZEN FUN FAMILY RITUALS

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Our local January weather has turned our outdoor-oriented recreation and family time upside down.

Suddenly the beach, the park and the ball field aren't so inviting on a cold rainy day. I thought it might be fun to share a list of creative, mostly indoor, activities which seem appropriate for the current conditions, and might just become enduring "family rituals:"

- 1) Family video night. Rent a movie, order in a pizza, make popcorn. The only difficulty may be agreeing on something the whole family wants to watch (and is appropriate for teens and young adults). How about alternating choices among family members?
 - 2) Sharing the Sunday newspaper over a special breakfast. This is a ritual with Mom and Dad in mind. Or what about all going out for brunch?
 - 3) Buy a special dessert to transform dinner into an occasion, and not just birthdays, wedding anniversaries and graduations. Celebrate family members' achievements. An unexpected high grade on a test at school or a promotion at work deserves a cake--with candles and inscription! Be creative!
 - 4) Spiritual pursuits bring many families together, whether it's attending services or saying grace together at the dinner table.
 - 5) Sit around together and flip through old photo albums or watch vintage family videos and home movies. You'll relive fond memories and give one another hiccups laughing at the sight of certain members' now-outdated hairstyles and assorted fashion faux pas.
 - 6) Take a car ride. Where? Anywhere. Take the slow, scenic route and stop off at whatever looks interesting.
 - 7) Go bowling together. Golf and miniature golf are two examples of individual sports that you can do together.
 - 8) Build a fire in the fireplace, or at a campground, and share stories.
 - 9) Cook dinner together, with each member of the family taking part.
 - 10) Play board games, cards, dominoes and so on.
 - 11) Communal chores or collaborating on a household project can be a lot of fun.
 - 12) I've reserved #12 for you. You've got the idea; what special, fun activity might become a family ritual at your house?
- Finally, whatever the weather, enjoy your special family, everyday!!

Dr JT