



Rosario Counseling & Associates December 2012 E-News

Christmas Traditions

Traditions are a time honored practice of passing down part of a culture from generation to generation. Learning by repetition reinforces what a person, family or culture believes. Parents teach reminders daily to their children...“remember to say, please and thank you.” Jesus instituted things for us to do regularly to remember Him such as communion, worship and keeping the Sabbath day Holy. Christmas traditions teach children the truth of the meaning of Christ’s birth.

Enjoy the following timeless traditions for keeping the Christ in Christmas.

- The Christmas tree is evergreen, symbolic of eternal life and God’s eternal love. As a family talk about the special ornaments as you hang them. The first ornament on our tree is our largest Nativity scene, carefully placed at the top middle of the tree right under the tree topper to signify a prominent place on the tree.
- In addition place a Nativity Scene in the front under the tree as a beautiful way to celebrate the truth of Christmas. This allows the nativity scene to be the focal point for the family.
- Make your own or purchase an Advent Wreath. Each Sunday after Thanksgiving set aside time as a family to share advent. Allow children to recite the meaning of each candle.
- Give a personal gift of yourself to Jesus...ask each member of the family to write on a piece of paper a personal attribute they wish to develop (or a struggle they wish to give up such as anger) as their gift to Jesus.
- What do you do with all those Christmas cards you receive??? Pray for each family for one week during the year who sends you a Christmas card. Tear off the front of the card to return to the sender as a post card from you. Add a special note along with a special word of encouragement.
- Gather family and friends to go Christmas Caroling by truck or wagon filled with hay. Send out flyers of the date and window of time that you will be caroling down their street. Ring the doorbell and give candy canes.
- Christmas is a reminder to help others. Each year select a volunteer project that your entire family can be part of together. Give the gift of your service. Another way to help others is to consider sending a shoe box filled with toys, toiletries, and a letter from your family to Operation Christmas Child.
- Christmas morning start the celebration by reading Luke 2:4-12. Allow the children to hold pieces of the nativity. As the Christmas story is read, they place the figure in the scene when it is mentioned.
- Kids love a birthday party. On Christmas day prepare an angel food cake with cool whip and ice cream to celebrate (a store bought works too) sing Happy Birthday to Jesus. You can bake treats inside the cake such as coins, metal animals, or other reminders of the Christmas story.
- Create family memories by building a family scrapbook of each Christmas. Take these out at each years Christmas celebration.



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When our children reach adulthood they will have long forgotten the Christmas presents they received throughout the years but they will remember family traditions. Children growing up with Christ Centered family traditions will develop an understanding of the truth of Christmas. How Christmas is celebrated in our families today will likely continue in the future in the lives of our children, grandchildren and beyond. As a family think of what Christmas means, discuss each person’s favorite tradition and how your family plans to glorify Jesus during the season.

If you or your family is struggling this holiday season, our counselors can help. Please call (919) 649-5882 for more information.