

# Pineapple

December 2018

Post

Edition 3

## What's Happening This Month!

- 12/13 - Winter Wonderland -PCA closes @ 4:30 p.m.
- 12/15 - Free Shopping Day
- 12/17 - 12/21 - Whacky Week
- 12/24 - Christmas Eve - PCA closes @ 3:00 p.m.
- 12/25 - Christmas Day - PCA is CLOSED
- 12/31 - New Year's Eve
- 1/1 - New Year's Day - PCA Closed



## Meaningful Inspiration for Every Age

Around the holidays we hear the word "tradition" thrown around more often than usual, but what does that really mean for you and your family? A tradition is something that you engage in, the same way, at the same time, over and over again. Traditions can be big or small but there is always a specific purpose in mind. Unfortunately, life gets very hectic and sometimes we forget the little pieces that make us stop and enjoy the moment and traditions allow us to do just that. In addition, they are important to children and the family unit as a whole. A tradition is so much more than an activity, it offers a variety of meaningful connections that resonate with children such as;

- **Providing a source of identity:** Traditions and rituals often tell a story about a family. They can teach children where their family came from or give them insights into their cultural history. Traditions and the stories they tell play an important role in shaping a child's personal identity. Understanding your past and knowing you belong to something bigger than yourself instills an amazing sense of confidence in children.
- **Strengthening the family bond and offering comfort and security:** Research has shown that families who engage in traditions have a stronger familial connection than those that do not. This is because it allows for face-to-face interactions that build trust and create a bond from sharing something special together. In our fast paced lives that involve more screen time than conversation, these connections are more precious than they have ever been before. Creating a unique tradition establishes consistency that provides comfort and nourishes the family bond.
- **Teaching Values:** One of the most important parts of building traditions is that it allows you, as parents, to impart and reinforce your family values. For example, through nightly bedtime stories, the value of education, reading, and life-long learning is instilled. Through regular family dinners or activities, the importance of the family unit is held at the forefront. The list could go on and on, however the focus should always be on what is important to you as a family.
- **Passing on family heritage:** Passing down traditions is a great way to teach your children about your family heritage. This adds to creating their personal identity and connects generations, especially if you have members of your family that are no longer living.
- **Creating lasting memories:** Probably the most important reason to implement traditions is for the purpose of creating those wonderful memories that last a lifetime. There is nothing better than remembering things you did with your family and feeling happy, connected and loved. Looking forward to these traditions creates a sense of excitement that is contagious and the memories of them from years past make you smile on the inside, as well as, on the outside. This is what traditions are all about.
- **Remember:** Building traditions with your family should not be stressful, instead, they should be positive moments that you share together. Therefore, choose your traditions wisely, make them meaningful and purposeful. Sometimes, having a few key traditions to focus on are better than having so many that you get lost in them. The most important thing to remember is that traditions do not have to revolve around money. Something meaningful does not need to be expensive.

Pineapple Cove Academy wishes you and your family the happiest of holidays this season!



### Fruit Kabob Grinch

Have some holiday fun and maybe a new tradition with these yummy Grinch Kabobs. All you need is a package of green grapes / a container of fresh strawberries / 1 small bunch of bananas / 1 bag of mini marshmallows / and 1 box of toothpicks (wood or plastic). Begin by washing the grapes and strawberries and pat dry. Pull the grapes off of their stems and place in a bowl (your little ones will be great at this). Slice the tops off of the strawberries and place them in a bowl, then cut the bananas into slices and place them in a bowl. Now it is time to assemble! Take a toothpick and slide a grape on first. Next goes the banana and then a strawberry (it should look like a Santa hat). At the very top, place a mini marshmallow. There you have it, your very own edible Grinch. You could always pop on one of the Grinch movies and enjoy your snack as you watch!