

Family Traditions and STEAM.

The importance of family traditions spans across most cultures, they are defined as customs or beliefs transmitted from generation to generation. Traditions are important for developing children, considering they nurture family-child connections, foster a sense of belonging, and create a positive learning environment. When children participate in the family's cultural traditions they engage in meaningful experiences that will help them develop a positive sense of identity and build their self-esteem. Parents and educators can see traditions as opportunities to cultivate STEAM skills.



If your traditions include cooking/baking:

Invite children into the kitchen while cooking a traditional meal, this creates a special time for bonding and an opportunity for cultural conversation. Measure and compare quantities, talk about the texture of the ingredients, and describe your actions as you prepare the meal.

If your traditions include stories:

Stories passed down through generations are likely to be peppered with life lessons, tradition, and cultural history. Make it fun, short, and in context. Use characters and concepts easy for your child to understand. Make it relatable, ask questions checking for understanding such as: "Why do you think this happened?"

If your traditions include gardening/sewing/knitting:

Start by explaining the purpose of the tradition, connect it to a story if possible, have pictures or the real items for the child to visualize. Encourage your child to create one together emphasizing the experience instead of the product.

If your traditions include music:

Music and movement is a great way to actively engage children. Share the story behind the song or melody, describe the steps of the dance, let your child practice and create his/her own.

Engaging in family traditions is an opportunity to foster your child's social skills including self-esteem and a sense of belonging. It is also the perfect platform to support STEAM practices. Don't forget to STEAMIZE the experience: talk, compare, count, describe, ask questions that promote critical thinking, and have FUN.

"Imagination is more important than knowledge." – Albert Einstein.

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