

A Day Of Appreciation Is A Great Way To Celebrate Your Family



Have you told your child he or she is unique, accomplished, and loved? You may just want to pick a random day to celebrate your little one. That's what my family does – and every member of the family really enjoys it.

My husband and our three kids are treated special on their birthdays. We all feel together and valued on holidays like Thanksgiving Day and Christmas. Valentine's Day and our wedding anniversary are days for celebrating our marriage, too. But a few years ago, we started a new tradition: Appreciation Day.

Yes, we are double-dipping into celebrating one another – and it feels great!

Five years ago, we were expecting my daughter. My twin boys needed to be reassured they were special and were not going to be displaced by a new addition to the family. My husband and I decided to pick a day to honor each boy separately, telling each one how much we appreciated, loved, and enjoyed him.

It was so much fun for the boys that we decided to establish it as a tradition and extended it to each family member. Every two to three months we pick a day to celebrate one of us.

Whereas something like a birthday celebration may involve presents, cards, parties, and the participation of more people, a day of appreciation is a more intimate and humble way of showing each of us how much we mean to one another.

Lots of hugs, kisses, and laughing fill the day. We each tell the honored individual why we appreciate them. We may play games, watch a favorite movie, or engage in their favorite activity. We top it off by serving that person's favorite meal.

Some of my cousins and friends have followed suit, incorporating days of appreciation for their kids and families. Everyone has a busy schedule and is just trying to navigate the maze of life, but these appreciation days go a long way into making each of us feel special.

Let's face it, every day is not always special. Plans change, things happen, and we are often running on fumes. But by taking a part of a day every few months to reconnect with one another and contribute to their happiness is a wonderful thing to do.

By acknowledging the good, unique, and loving qualities of each other, we learn to celebrate ourselves and life itself.

Gift-giving or elaborate celebrations are replaced by merely sharing out positive thoughts with one another. These are not moments to post on Facebook or engage in a Pinterest thread. They are simply your family's way of saying to one another: "You are unique and loved."

How and when will you celebrate a day of appreciation for your family members? Just start by committing to honoring and loving each other and the details or traditions will naturally follow.

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