

Birth Country Traditions

As the holiday season draws near, I am reminded of all of the dear memories I have from holiday seasons passed – the time spent with family, the melodious carols, the meticulously prepared feasts and the enduring traditions. The traditions passed down from my ancestors are still practiced by me, and will be passed down to my children and grandchildren as well. It is those traditions that draw my family close all year, but especially during the holidays.

For the newly-adopted older child, one that may have memories steeped with tradition himself, it is important to learn and incorporate those customs to ease the transition. For all internationally adopted children, learning about and incorporating birth country traditions is a way to honor their heritage.

In Russia, one common story has a figure called Babushka that brings gifts for the children. The story is that Babushka failed to give food and shelter to the three wise men during their journey to visit the Christ Child. According to tradition, she still roams the countryside searching for the Christ Child and visiting the homes of children during the Christmas season.

Why not collect some stories like this one to share with your children during the holiday season! You can document them in the lifebook as a means of maintaining some of the culture and tradition of the country of birth.

Written by Jennifer Demar, adoptive parent of two and owner of www.scrapandtell.com, an online store specializing in adoption scrapbooking supplies and multi-cultural products perfect for lifebooks. With a layouts section too!