

Defining RRT

ROUTINES: _____

- actions that just need to be done
- most frequent
- least deliberate, most evident
- offers opportunities

RITUALS: _____

- universal to family life
- vary greatly and arise from:
 - culture / religion / groups
- family celebrations contribute to family stability
- more meaningful, deeper purpose

TRADITIONS: _____

- connection to previous generation
- unique to each family
- re-inforces family values
- family determines how event is recognized
- makes a statement about family identity

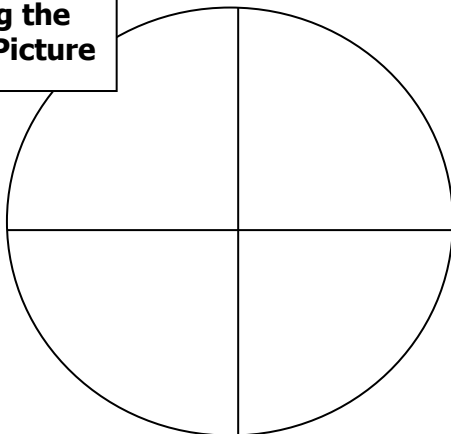
BARRIERS:

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STEPS TO IMPLEMENT/CHANGE RRT:

- talk about it
- discuss one at a time
- do not discuss in times of tension
- express your feelings / needs
- allow time for sharing
- offer ideas on trial basis
- provide time for honesty
- suggest and see

Seeing the Whole Picture



Handouts:

- Building RRT
- Do You Know Your Child
- Memories Calendar
- Craft Kit