

# FamilyLife Blended® Radio Transcript

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## Traditions Put Down Deep Roots

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**Ron:** When you establish family traditions, you put down deep roots.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Family traditions can be simple: saying hello or goodbye in a special way, Friday movie and pizza night, or an annual camping trip. But traditions have a profound impact: they create bonds, communicate values, and foster shared experiences and memories. Researches have even found that family rituals and traditions reduce anxiety and depression in teens, and have a protective effect on their self-esteem and well-being.

In blended families, repeated fun activities and traditions help to form family bonds and define what it means to be part of this family. So, be intentional—make it a tradition to keep your traditions. For FamilyLife Blended I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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