

When I think about the childhood memories I cherish, they're not things we did once or twice, but things that defined us as a family. The memories I hold most dear are ones that reflect our family's habits and traditions.

What do you want your children to remember? What traditions or habits are you putting into place that will help create memories for your family? Do those things, and in the midst of doing them, stop and focus on the moment, committing it to memory. Talk about your memories and look forward to repeating them. Take pictures, write them down.

Create the story of your family—a story made up of ordinary, everyday moments of life together—and read it again and again together, until you know it by heart.

“I remember the days of long ago; I meditate on all your works and consider what your hands have done.” Psalm 143:5

C: Create memories

“Making a memory requires our focused attention... We must stop and give it our full attention. We have to engage our minds, our wills, and our senses.”

—from “Simple Pleasures,” *Living Simply*, page 190

I love that scene in the original *Parent Trap* when Susan hugs her grandfather, sniffing his collar, refusing to let go. When asked what she’s doing, she responds matter-of-factly: “I’m making a memory. Someday when I’m quite grown up I’ll remember my grandfather, and how he smelled of peppermint and pipe tobacco.”

Watching that scene always makes me stop and think about what I want my girls to remember when they’re “quite grown up.” I want them to remember things like reading together, laughing together—being *together*.