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Cultural Report

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Hispanic Culture

Culture comes from the Latin culture and means to cultivate. Hispanic was a “term that was that used to indicate a relationship to ancient Hispania, the roman name of the Iberian Peninsula” (Explore Hispanic Culture, n.d.). In today’s culture it’s a term that is used to describe people from Spanish speaking, Latin American countries. Hispanic culture includes many different aspects of life such as traditions, language, religious beliefs and practices, arts, music, literature, history and family values of Hispanic culture. A lot of people think Hispanic culture and Spanish culture are the same however they are not. Hispanic culture is made up of traditions and customs of people with Latin American roots and who primarily speak Spanish. “Spanish culture encompasses the heritage and traditions of the people of Spain” (Explore Hispanic Culture, n.d.). The Hispanic culture has many important traditions. Some of these important traditions include: The three Kings, El Dia de los Difuntos, Quince Anos celebration, and Las Mananitas. Hispanic heritage month (September 15th to October 15th) and Cinco de Mayo (May 5th) are important dates celebrated by Hispanics. The Hispanic culture has strong beliefs and traditions when it comes to pregnancy. They even have a special way to care for the umbilical cord stump. “Long ago it was thought that

babies could take in air through their belly button, so it was kept covered” with an ombligueras- a fabric of gauze made to wrap around the baby’s tummy (Baby Center, 2019). Hispanics also believe that babies feel the cold more than adults do and because of this they keep them more bundled up. When a Hispanic mother thinks her infant appears nervous or is inconsolable it is said that the baby is suffering from fright or panic from being scared by someone or something. They usually treat this condition with a combination of spiritual rituals and herbs. When working with people of the Hispanic culture it’s important to provide translators if they cannot speak Spanish. It is also important to allow them to have their loved ones around. The Hispanic culture is very tight knit and like to have each other around for big events. It’s also important to respect their traditions and use of herbs even if they are different from yours.

References:

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