



How to Take the Stress Out of the Holidays

1. Be open to change.

Talk with your kids about your traditions — which ones they love and which you might evolve to make them more fun or memorable for everyone. This is especially important when family dynamics have changed because of divorce, a new marriage or sibling, or a death in the family.

2. Be realistic.

Factoring in kids' limitations when you make plans will reduce stress on everyone. Kids who are anxious about meeting new people — or even encountering the extended family — will need support and realistic expectations. Kids who have trouble with organization will need help to succeed at gift-giving. Children who tend to be impulsive need structure to minimize disruptive behavior. Not overestimating your kids' patience and ability to focus will help you enjoy yourself more, too.

3. Prep kids for changes in routine.

Holidays represent a change in a

family's normal schedule, and for some kids that's unsettling. Preparing them for changes in their routines — what to expect and what you expect of them — will help head off meltdowns. If you're traveling, bring familiar toys and books, and make sure you have quiet one-on-one time like reading before bed.

4. Give yourself a break.

Don't stretch yourself too thin trying to create the "perfect" holiday season. Decide what is important, prioritize, and say "no" to what you can't handle.

5. Be sure to laugh.

Kids pick up their parents' stress and tension, so they're more likely to be irritable if you are. Have a sense of humor, enjoy your kids for who they are, and keep in mind that what you'll all remember when it's over is likely to be the unexpected moment when everybody was relaxed, not the brilliantly choreographed party, dinner, or outing.

www.childmind.org



DO YOU HAVE GRIT?

Give it your ALL!

Redo if necessary!

Ignore giving up!

Take time to do your BEST!



DECEMBER 2020
Volume 7, Issue 5

Character Word DECEMBER DILIGENCE

Working hard in a steady and continuing manner; industrious; Sticking with a project or plan

Classroom Counseling
Lessons
DECEMBER 2020
K-5 Lessons
Character Education

Ms. Jordan's Contact
Information
(706)748-2742 or
(706)748-2744
Fax (706)748-2749

Jordan.Heather.A@
muscogee.k12.ga.us

[www.wix.com/
jordanheathera/
counselor](http://www.wix.com/jordanheathera/counselor)

"If you don't like something, change it. If you can't change it, change your ATTITUDE."

~Maya Angelou

