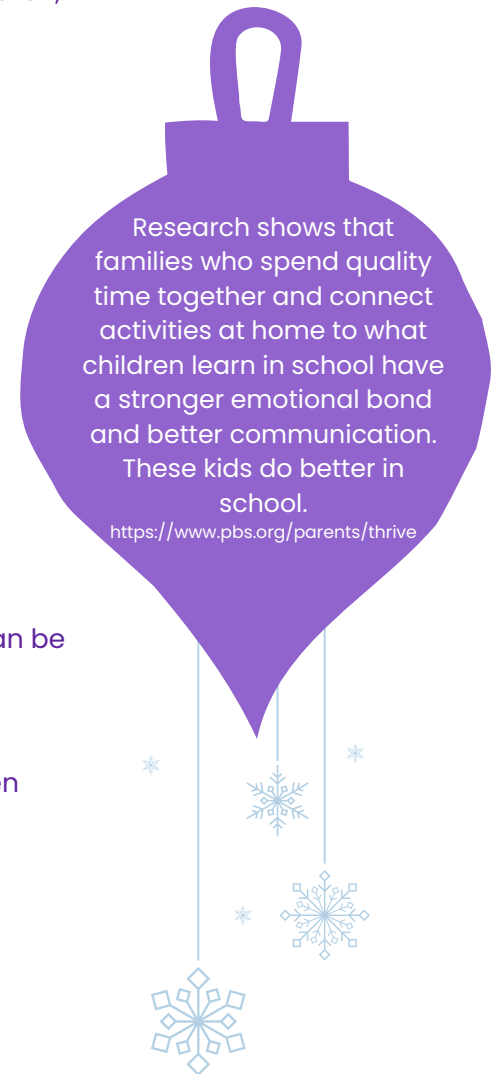


DECEMBER 2023

## PARENTS RESOURCE LOUNGE

**The holiday season is here!** It's a time to be jolly and curate lasting memories. The holiday season is also great for exposing children to new ideas and information. You can reinforce skills and encourage creativity, supporting their school's success. Below are some suggestions to help you limit unwanted stressors and tension so you can enjoy time with friends and family while creating lasting memories.

- **Set Clear Expectations** – Setting clear expectations with families, including children, during the holiday season, can help manage everyone's needs and create a smoother experience.
  - Consider what you can do and communicate that to each family member.
  - Make plans together.
  - Be flexible in the event of change.
  - Limit expectations and prioritize time together that creates memories.
- **Encourage Gratitude** – Teaching children gratitude during the holidays is a wonderful way to instill values of appreciation and empathy.
  - Model gratitude by showing appreciation in your daily interactions. This could be thanking the cashier at the grocery store or expressing gratitude to a family member for their help.
  - Establish rituals such as sharing daily highlights during dinner or before bedtime, focusing on what everyone is thankful for from their day.
  - Limit excessive gift-giving. Encourage experiences and quality time over material gifts.
- **Make Memories** – Creating meaningful memories during the holiday season can be an excellent way for parents to bond with their children.
  - Start with family traditions or create new traditions together.
  - Give back to others together.
  - Be intentional and document every moment that is worth capturing. Children grow up using these memories as core values to share with their families.
- **Manage Relative Expectations** – While it's essential to consider relatives' expectations, your family's well-being and comfort should take priority.
  - Set boundaries.
  - Communicate openly and find compromises where possible.
- **Self-care** – Self-care is not selfish; it's essential for your overall well-being.
  - Say no when needed; don't overcommit.
  - Delegate task.
  - Prioritize time alone.
  - Reflect and reset.



Research shows that families who spend quality time together and connect activities at home to what children learn in school have a stronger emotional bond and better communication.

These kids do better in school.

<https://www.pbs.org/parents/thrive>

Welde Dubar-Kollie  
Parent Educator  
For more Parenting Resource,  
Email: [wdubar-Kollie@bccs286.org](mailto:wdubar-Kollie@bccs286.org)  
PH: 651-317-9650