



# 3 TIPS

## FOR PARENTING THROUGH

# HOLIDAY STRESS

### 1. MAKE SPACE FOR BIG EMOTIONS

Encourage children to **name what they are feeling** about the holiday season.

**Sadness** about not getting to go to Grandma's house might include feelings of **longing** to see relatives or **worry** that it may be many months before the next visit. **Anger** about not getting to take the annual family vacation might be tangled up with **jealousy** about what other kids are doing.

### 2. FOCUS ON GRATITUDE

★ Start an **evening gratitude ritual**: At the dinner table or during bedtime, ask each family member to share one thing they are grateful for from the day. Examples:

- I am grateful the four of us get to be together for the holiday.
- I am grateful that we will be able to exchange gifts.
- I am grateful we are making new traditions this year.

★ Take on a **social media gratitude challenge** together. Search for hashtags like #100daysofgratitude or #gratitudechallenge, or make up your own rules.

### 3. PRACTICE REFRAMING

Together with your child, practice finding better-feeling thoughts.

**Instead of:** We can't do any of the things we usually do this holiday.

**Say:** We are going to make new traditions this year.