Handling the Holidays

Remember that the holidays are about friends and family. Use it as an opportunity to reconnect and make memories.

Set expectations for gifts and holiday activities. If age appropriate, be open about money and use it as a way to teach your child about responsible spending.

Create a schedule for the month and a meal plan. When are holiday parties? What can you eat that’s healthy in-between?

Be realistic about your time and spending. What can you actually do and what can you give? It’s OK to say no!

Sign up for community service as a family: donate to a food bank, give gently-used clothes or toys to a children’s shelter, write cards to soldiers, or visit a nursing home.

Don’t try to make up for an absent parent with extra gifts or toys. Kids mostly want time, attention, and love.