



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.**

