

# Relationships that Nurture

Monthly tips provided by St. David's Center in partnership with Mom Enough

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## Helping Your Child Cope over the Holidays

Audio can be heard at the end of the [11/21/11 ME interview](#)

**Too much going on + Disruption to regular routines = Stressed and over-stimulated kids**

Here are some ways you can help your child cope over the holidays:

### I. Talk to your child in advance about what is going to happen over the holidays

- Discuss where you will go, who you will see, etc. – using pictures can be helpful
- Be aware of family dynamics or changes that could add stress or worry and communicate to kids beforehand

### II. As the sights and sounds of the holidays begin around you, talk to your child about what it means

- Explain your own values/beliefs as well as the values/beliefs of others they might encounter
- Be open to starting new family traditions that include your child's ideas – let your child be part of the holiday planning
- Mirror your family values through an activity with your child (i.e. deliver food/gifts to those in need)

### III. Stick to your child's routine as much as possible

- If traveling, bring important items from your child's routine – familiar snacks, a stuffed animal, favorite books, etc.
- Offer at least one item from your child's preferred diet at every meal and pay attention to nutrition
- Stick to regular sleep schedules

### IV. Set parameters around how much you can do

- Let your child have plenty of "kid time"
- Limit holiday parties based on what your family can handle
- Designate plenty of time for your smaller family unit

### V. Prepare for "post-holiday letdown"

- Talk to your child about transitioning back into his/her regular routine – many children are ready for it!