

## Relationships that Nurture

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

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# How to Not Overindulge Your Children during the Holidays

Audio can be heard here: [How to Not Overindulge](#)

The holidays are a time for celebration. They can also turn into a time of excess – excess food, excess parties and excess gifts. Here are some ways you can help make sure you don't overindulge your child(ren) throughout the holiday season.

### I. It's all about the experience

What do you remember most about your holidays as a child? Unless there was a photo or video of a particular gift you received, it's most likely the traditions you shared with friends and family. You may remember driving all over town, but not seeing everyone in your extended family.

### II. Create your own traditions

Every family is different. Explain that "in our family, we believe..."

### III. Love = time

Show that you love your children by devoting time to them.

### IV. Donate

- Have your child pick out a toy for charitable giving. Teach them to be aware of what they take for granted. That could be the only toy another child gets.
- Before the holidays start, make room for new gifts by donating items your child no longer uses. Explain that other children that don't have a lot will enjoy playing with what they no longer use.

### V. Set limits

- Explain to your child that you have a budget. We can get some of what we want, but not everything. Not getting a toy is also learning to be thankful for what they received.
- Since a lot of wish lists are based on advertisements, have children make a list of X number of toys. That list can change up until a certain date. Then, those are the toys the child will get. If the list is longer than the specified number, the child will not get them all.