

From Your South School Counseling Staff
Holiday Care Tips for Parents and Caregivers



***Watch for signs that your kids may need extra support during this season**

The holiday fanfare can make a child's mood swings more intense. Younger kids may experience meltdowns as sugary snacks and late nights push them toward overstimulation. Older children may feel anxious about fitting in and feeling accepted as streaming shows/movies and social media channels explode with images of holiday parties and gift-giving.

- ~**Set boundaries**~ Know your limitations. Give yourself permission to say "no" sometimes without guilt.
- ~**Be present**~ The holiday season can be stressful. Take pleasure in the little moments.
- ~**Get fresh air**~ Go for a walk in nature. Getting to the front door is sometimes the hardest step.
- ~**Unplug**~ Spend time with family and friends without tech devices- phones, ipads, laptops, video games etc.
- ~**Practice Patience**~ When you're feeling rushed, consciously slow down. Relax and take deep breaths.
- ~**Give yourself grace**~ Appreciate what you've done today. Forgive yourself for those unfinished tasks. It's ok.
- ~**Set realistic expectations**~ Change your perspective. Reflect on what's going well. Everything need not be perfect.
- ~**Keep your calendar of events manageable**~ Choose gatherings that you can reasonably handle. Avoid overscheduling.
- ~**Prioritize family health**~ Stick to family routines as often as possible, make time for exercise and sleep.
- ~**Emphasize the simple gesture of spreading kindness**~ A small deed goes a long way, and makes you feel good!

