



Let Go & Love The Holidays

10 TIPS FOR PARENTS

Holidays are busy and stressful. We're starting off by letting you off the hook! Here are 5 things you don't need to do.

Don't

- 1 Teach new chores or start new routines. I can virtually guarantee that you are too damn tired to do this...well. That's the operative word: "well." It can all wait until they go back to school in 2016.
- 2 Expect your children to instantly become grateful. If gratitude is not part of your family language, it is not going to magically manifest just because the holidays are approaching. And nothing kills gratitude like someone yelling, "it's time for everyone to be grateful...NOW."
- 3 Ask your children too many questions. This time of year is almost as nutty for your children as it is for you. Special parties at school, special presentations, etc. Don't pile on the stress at home with lots of nagging and pressure.
- 4 Keep asking your children which gifts they want for the holidays, especially if you have already bought the gifts. This is an assurance that you will stay in a resentful panic for weeks.
- 5 Expect too much of yourself throughout the holidays. You can try to please everyone, and you will also come into 2016 feeling like you have been shot out of a cannon.



*There are so many emotions and expectations wrapped into the holiday season. It can be stressful. My best parenting tips help you let go and love the holidays . **Here's a a to do list you can love!***

Do...

- 6 Keep the gift buying simple. I LOVE “something you want, something you need, something to wear, something to read.” Your children may roll their eyes at this, especially if have been of the “20 gift per child” ilk, but trust me. It’s the way to go.
- 7 Find someone or something to give back to. A family in need, a food bank, a local homeless shelter, and your local senior home; there is no shortage of people who need food and warmth this holiday season. The more your children can be involved, the better.
- 8 Have as many regular family meals as you can. These meals are a way to insert nutrition into the sugar-laden holidays, check-in with everyone at the table, and make sure you have your own moment of zen.
- 9 Say “no” when you want to say no, and “yes” when you want to say yes. If you aren’t sure, say no. You can always change your mind later. This includes helping at school, attending or hosting parties, and seeing extended family and friends. Your family feels your energy, so if you are happy baking cookies and having parties, do that. If it gives you the shakes, don’t do that.
- 10 Highlight the values of the season to your family. If you are religious, go with that. If you are spiritual, go with that. If you are agnostic, go with that. If you are atheist, go with that. The point is: compassion, kindness, empathy, generosity, and love for all know no boundaries of country or faith. So find a way to weave these into your family. It feels really good. ☺