

# PARENTING DURING THE HOLIDAYS AND THE COVID-19 PANDEMIC

THE HOLIDAYS ARE ALWAYS FULL OF SURPRISES WITH  
FAMILIES DEALING WITH MORE UNCERTAINTY THAN USUAL!



Focus on quality time:  
Keep things simple for children  
like having quiet time so they  
feel your love and attention.



TALK. THEY'LL HEAR YOU:  
Ask how they are feeling  
Listen  
Tell them you are there for them.



STAY ACTIVE &  
PRACTICE  
RELAXATION

Exercise or Meditate  
Take a walk,  
Play interactive games  
Try yoga or mindfulness activities.



Make NEW holiday traditions:  
Create Acts of Kindness  
Cook a special meal together  
Video or FaceTime with family/friends.



Validate their Feelings:  
It's OK to feel sad or angry or  
It's OK to feel nervous.



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## TIPS FOR ELEMENTARY AGE CHILDREN

**Simplify for our children.**

**Indulge kids with affection:**

*All children benefit when they receive love and attention from their parents/caregivers.*

**Remember not to punish children for their negative reactions to changes in holiday plans, school, and activities.**

**Tell them it's okay to feel sad or disappointed.**

**Establish new traditions**

*Cook a special meal, make gifts, cards, or decorations or bake special cookies.*

**Teach Positive Self Talk**

**Kids (and adults) sometimes get stuck on negative thoughts.**

**Find the positive in difficult situations by reframing to boost your child's mood.**

**Stay Active**

**Exercise, play games together. Be in the moment & try yoga or meditation.**

[Yoga Kids Channel](#)

[Mindfulness App \(Headspace\)](#)

[Mindfulness and Mediation](#)

[Holiday Charades](#)

[Videos for Children](#)

**LINKS**

*Making a difference today for tomorrow....*



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## TIPS AND FOR TWEENS & TEENS

During these years, children understand the precautions to take due to COVID-19.

**Talk, ask, and listen to your child; Let them know you are there.**

**Ask them how they feel and listen to what they say.**

**Children often want to be heard and not have their problem solved.**

**Validate their feelings...It's normal and OK to feel angry or sad.**

**Help your child overcome disappointment by building resiliency.**

**Ask them for their ideas about how to make this holiday season special.**

**Allow them a sense of control by giving them choices.**

**Teach and model fun relaxation strategies.**

## LINKS

[Mindfulness App for Teens](#)

[Resilience: Strong Relationships](#)

[Create Strong Kids](#)

[Yoga for Teens](#)

[Resilience Is Family: 40 Ideas for New Family Traditions](#)

[Is your teen stressed, sad, or angry?](#)



# PARENTING DURING THE HOLIDAYS AND THE COVID-19

## PARENTS: TAKE CARE OF YOU

**Children take cues from their parents.**

*Maintain a positive & calm demeanor: Your kids will do the same!*

**Acknowledge your feelings:**

*Avoidance may only be an effective solution in the short term.*

**Take care of your body:**

*Try Deep breathing, stretching, meditating, or exercising.*

**Stay in the moment:**

*Our thoughts can sometimes be very overwhelming.*

*Focus on the present and what you can control.*

**Seek out positive supports in your life and  
connect with others you trust.**

**Make time for laughter and joy every day:**

*Laughter can improve your mood, relieve stress, and help your body relax.*

**Practice positive self-talk and be gentle/encouraging with yourself.**

*Think about things you're thankful for in your life.*

**Avoid Alcohol and Substances**

*They can take a psychological and physiological toll on the body  
and may actually make things worse.*

