

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**



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.

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



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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.

LINKS

[Yoga Kids Channel](#)

[Mindfulness and Meditation Videos for Children](#)

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

[Holiday Charades](#)

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TIPS AN 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 Is Family: 40 Ideas for New Family Traditions](#)

[Resilience: Strong Relationships Create Strong Kids](#)

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

[Yoga for Teens](#)

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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.*

