

10 Tips For Helping Children with Anxiety During the Holidays

By Eileen Bailey

Continued...

- 2) Remain on family routines as much as possible. Although holiday parties and events can interfere with family routines, try to remain on routine. Complete homework at the same time, make sure children go to bed at the same time as during the rest of the year.
- 3) Feed children before going to a holiday party. Many times children will eat snacks only at parties. Provide them a nutritious meal before heading off to a party. Proper nutrition is important all the time, but especially so during the holiday season when there is so many additional snacks and sweets available. Not eating right can add to irritability.
- 4) Stick to regular bedtimes to make sure children get enough sleep. Lack of sleep can cause anxiety symptoms to increase. Arrive at social events early in order to leave in time to get children to bed on time. At times there is no social events scheduled, be sure holiday preparations do not interfere with a child's sleep schedule.
- 5) Allow for quiet evenings at home. Choose one night each week to have movie night or just spend an evening together at home. Children need to feel secure and spending time at home helps to increase their feelings of security.
- 6) Limit holiday shopping to small trips, rather than all day events. Make sure children are well fed and well rested before shopping trips. Go to the mall with a list and specific gifts in mind to eliminate wandering without a purpose.
- 7) Shop on the internet to avoid long trips to the mall. Your children can help in searching the internet for gifts or use the internet to create specific gift lists before hitting the mall.
- 8) Don't force your child to participate in plays or performances if they feel uncomfortable doing so. Let them know it is okay for them to be in the audience rather than onstage.
- 9) Implement daily relaxation strategies. Use tools such as listening to music, reading a book or watching a movie to help children spend some quiet time each day.
- 10) Volunteer to work in a food bank, create food baskets or donate toys to the needy. Helping other people can help children to feel useful and feel good about themselves.