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1/2022

The Holiday Aftermath and Young Children

Another Holiday season is behind us and I hope that we all celebrated well. We have opened the gifts, visited with loved ones, and enjoyed all of foods that bring back childhood memories. As quickly as this beautiful season comes and goes, just as swiftly we all come back to the day-to-day routine of work, school, and childcare. This transition can be extremely stressful for us as parents and caregivers, but it is that much more stressful for our children. As adults, we have had many years to experience transitions and routines, and understand the perimeters of time on and time off from our daily engagements. Our younger children find this extremely difficult because they have not developmentally formed an understanding of time telling, therefore children mark the passage of time through routines and rituals that parents or caregivers establish for the child.

As we return to our daily work and school routines, it is important to consider and plan for our children’s transition and potential stress as it relates to returning to the daily rhythm of our busy lives. We should all remember that although many children protest rituals and routines within the home, these routines are often the strongest supporters of overall mental and physical health for young children. Remember to return from your holiday prepared with patience and strategies to support your child’s transition.

To learn more about healthy routines for young children please explore the embedded link provided by Zero to Three.

<https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning#chapter-145>