## **Supporting Young Children During the Holidays**

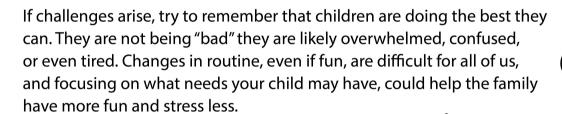


For many families, holidays are full of joy, family, togetherness, and stress! Children, though full of joy and wonder, can experience stress, like us, during holiday gatherings and celebrations. As caring adults, we can make holidays less stressful and more enjoyable for children. Some tips include:





- Remember the routine! (sleep, mealtimes, bathing, etc.).
- Be sure to have periods of time where there is quiet and calm.
- Acknowledge the stress you may be experiencing.
- Take time to enjoy being in the moment with your child.
- Give your child permission to not feel okay. (e.g., "You had a long day and are tired. You are upset that your cousin took your toy")
- Schedule time for physical activity each day (dance or go for a walk). Be respectful of children when they are shy or quiet around distant relatives and friends. (Don't force hugs)
- Make decisions for what is best for your child and family.









For other resources about supporting children and caregivers go to: www.neinfantmentalhealth.org





Nebraska Association for Infant Mental Health

