

Handling the Fall and Holiday Schedule

PREP! Talk with your child about the day's activities. Who is coming, how they handle their crazy aunt or bullying cousin. What are their concerns?

Recruit! Your extended family should be on your team. Let them know if your child has particular struggles and how you plan to handle situations. Ask for their support.

Stay "In Bounds"! Kids have gut feelings, too! They don't have to kiss every relative or participate in every activity. They do have to decline appropriately.

Play Book Options! Some things on the agenda are non-negotiable. Others? Not so much. Help your kids know which category things fall into and allow some choices rather than designing a play-by-play!

Half-time! Even the best of teams need a break to recoup, refresh, reenergize. Plan a break from the chaos. A drive to the store with only one child, allowing your child a few minutes alone... whatever works for your family, do it!

Coach! Create a signal or clue word that notifies you that your child needs adult help. Practice your signal and then honor their need!

Touchdown! Celebrate a successful day and then go back to your normal routine of eating, sleeping, and interacting. Too much of a good thing is just that-too much!

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