



Parenting Tips

KEEP THE HOLIDAYS CALM FOR YOUNG CHILDREN

Here are some ideas for a simpler holiday season that's a happy one for little people and parents alike.

? ?Parents who want to make the holidays meaningful for their children won't give in to the commercial pressure to prepare too soon. A long anticipation period can be very difficult for waiting children.

? ?During the holiday season it's better to do one thing calmly than 10 things frenetically. Too much of a change in the daily routine can throw everyone into a tizzy. Slow down so children can participate in holiday activities in satisfying, simple ways.

? ?Young children enjoy making a card, picture or simple handmade gift and doing so helps them learn how to be givers as well as receivers.

? ?Stick to routines, especially bedtime rituals. Talking quietly, reading a story or singing a song related to the holidays can help calm everyone down at the end of a big day

Cornell Cooperative Extension of Suffolk County

423 Griffing Avenue, Suite 100

Riverhead, NY 11901-3107

Phone: (631) 727-7850 Fax: (631) 727-7130

www.cce.cornell.edu/suffolk

