



Parenting Tips

HOLIDAY TRADITIONS AND FAMILY VALUES

Parents often feel the commercial pressures of this time of year and are disappointed the holidays generate more stress and conflict than joy and generosity. Try spending a little time thinking about what the holidays mean to you and what you want your children to treasure and value about this time of family togetherness.

Holidays can mean an opportunity to:

- ? ?Strengthen family bonds
- ? ?Foster a spirit of family joy and fun
- ? ?Stimulate compassion and generosity
- ? ?Re-establish connections with long-distance family and friends
- ? ?Re-affirm religious and spiritual beliefs
- ? ?Renew commitments to the family

Keep things simple and allow enough time to do things with children at their own pace. Simple things satisfy preschoolers. Make easy meals. Reduce the demands on your time, allowing you to enjoy your children's delight in special holiday traditions.

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