

Tue, Dec 13, 2022, 12:52 PM

Subject: Parenting Support through the Holidays

Dear Parents,

As we head into the holidays, I know that many of us in our community will be visiting with family and friends. Traveling or having people visit can be as overwhelming as it is heartwarming. For our children, the excitement, anticipation, busyness and, dare I say it...sugar, can lead to stress, hurt feelings, disappointments and possibly some meltdowns. If you haven't already read it, I encourage you to read the article from Hand in Hand Parenting called "Holidays and Meltdowns Go Together Like Peanut Butter and Jelly," it is an invaluable support for you through this time, here is [the link](#).

I also wanted to offer some ideas from my experience that will help to mitigate some of the stress of the holidays. The first suggestion, as always, is to slow down. Slow down, take a deep breath, and tune in to your child, yourself and to what's going on around you. These actions can really help. Another suggestion to keep in mind is that you don't have to attend every holiday event or see everyone who wants to see you. It can be helpful to keep this in mind as invitations roll in! Know that some of the time, you can politely decline an invitation. I have learned in my life that time spent together as a family can be just as important as time spent with others.

If you're traveling, think of ways to make it easier for all by planning ahead. Plan ahead to give yourself extra time to get to the airport, or to go from the airport to your final destination. Or, if you're making a long drive, planning some extra stops along the way can also help. Plan to get out of the car, and stretch! And finally, plan to make the journey as important as the destination.

If you are staying at a friend's or a relative's home, plan to take some time away, for yourself or family. Just taking a walk or just having some quiet time away from the action can really help make your stay more pleasant. If your child is having a tough time, try to get them out and away to a park, or into nature for a special treat. This can work for spouses as well! Time away allows everyone to reconnect, reset, and discharge any build up of emotions brought on by the holidays.

Sometimes the holidays bring up anxiety in children. To help children with holiday anxiety, [see this article](#).

As 2022 comes to a close, we would like to thank each and every one of our community members for their support and partnership in our peaceful parenting goals. Thank you all for your commitment to being this way with your children. We know it's not always the easiest way to be with your children. When you listen to feelings, make room for upset, and take time to reflect without judgment, you are doing important work. Work that helps you stay connected and make the most of your relationships. We are so glad you are on this

journey as a parent and that you found Play Mountain Place. We hope you enjoy the holidays, and we can't wait to see you again for the new year.

Happy Holidays everyone.

Warmly, Joe