



Holiday Stresses

presented by Mehlville EC PBIS

Holidays can be fun-filled with family and traditions, but both adults and kids feel stress at this time. Here are some tips to help it be successful!

Tips to Prepare

- Look at pictures from previous holidays and talk about what things might be the same or different this year
- Pace your activities: try to balance times of business with times of rest. When possible, preserve basic routines such as bathtime and bedtime stories
- Use positive words and give frequent, specific praise (ex: I love how you used your words to tell me you didn't like that food!)
- Be aware of new experiences that may be unfamiliar! Your child can practice unwrapping pretend presents and saying thank you, or using nice hands with pets and babies.
- Bring familiar items or preferred toys when visiting new places





More Tips



- if you're unsure about what will be on the menu or what time it will be served, feed your kiddo before leaving or bring some extra snacks
- create a picture story: this can include pictures of the airport, pictures of family members, etc.
- celebrate little wins along the way!
 - remind your child of expected behavior: "First you say hello, then you can go play with your game."

Preparing to Return to School

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- try to return to your regular routine as soon as possible
 - talk about teachers and friends during break (ex. "What do you think Ms. Shelly got for Christmas?")
 - prepare your child as the first day back approaches: "In one more day, you will see your friends at school!"
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