



## Helping Kids Through the Holidays

With the holidays fast approaching, and the challenges of coronavirus pandemic still ongoing, you may be feeling worried about how you can help your child cope with the disappointment of things being different this year. Here are a few ideas to help your kids connect and manage their disappointment and uncertainty in a safe and healthy way.

**Celebrate Family Traditions.** Family traditions give children the connection and stability they crave. Even during uncertain times, they're a foundation for hope and reassurance.

**Maintain Normal Routines.** Even though kids are home from school and have more free time, it's still important for them to have some structure to their day. Routines provide a sense of safety, control and predictability.

**Make Time to Play.** A family craft night gives kids an opportunity to connect and feel creative. There are so many fun and inexpensive holiday activities that you can do at home. Play allows kids to make mistakes in a safe and comfortable environment and develop problem-solving skills.

### Helpful Links

- [How to Help Kids Handle Holiday Disappointment - COVID-19](#)
- [101 Holiday Activities for Kids](#)
- [8 Ways to Celebrate a Virtual Thanksgiving with Kids](#)

### Holiday Activities for Kids

- 1. Make Holiday Treats.** Although you may not want to keep too many treats in the house, you can always share with others that would appreciate the kindness of homemade treats.
- 2. Pinecone Decoration.** This kid-favorite is super simple. Let your child hunt for a pinecone, then slather it in glue, glitter, paint, beads, etc. Let them pick a special place to show off their new creation.
- 3. Friendship Rocks.** Rocks, paint and some creativity are all that are required. Take your decorative rocks with you for a socially distanced walk and leave them for friends and neighbors to enjoy.
- 4. DIY Gift Wrap.** Get kids involved in gift-giving by making gift wrap using potato cutouts. Cut a potato in half, draw a design, cut it out with a knife, paint it, and stamp a pattern on discarded brown bags or other paper. Gift wrap your favorite holiday books. Then open one each night to read before going to bed.
- 5. Create a "Thankful Jar".** Decorate a "thankful jar" and have the kids fill it with things they are thankful for. Take turns reading them during holiday dinner.

### Access Online Wellbeing Resources

Go to [claremonteap.com](http://claremonteap.com) to access free online stress reduction tools and wellbeing resources to help you stay emotionally and physically balanced during the holiday season.