



3 TIPS

FOR PARENTING THROUGH

HOLIDAY STRESS

1. MAKE SPACE FOR BIG EMOTIONS

Encourage children to **name what they are feeling** about the holiday season.

Sadness about not getting to go to Grandma's house might include feelings of **longing** to see relatives or **worry** that it may be many months before the next visit. **Anger** about not getting to take the annual family vacation might be tangled up with **jealousy** about what other kids are doing.

2. FOCUS ON GRATITUDE

★ Start an **evening gratitude ritual**: At the dinner table or during bedtime, ask each family member to share one thing they are grateful for from the day. Examples:

- I am grateful the four of us get to be together for the holiday.
- I am grateful that we will be able to exchange gifts.
- I am grateful we are making new traditions this year.

★ Take on a **social media gratitude challenge** together. Search for hashtags like #100daysofgratitude or #gratitudechallenge, or make up your own rules.

3. PRACTICE REFRAMING

Together with your child, practise finding better-feeling thoughts.

Instead of: We can't do any of the things we usually do this holiday.

Say: We are going to make new traditions this year.

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"It's been about a week now. I've been struggling with work lately and he comes up to me and tells me **"You know mommy, like the Big life Journal says, Mistakes make you grow, so it's going to be okay!"** Just a week into his journal and I see how it has already changed his mindset!"

- V. Ramos

★★★★★

★ **SHOP AGES 6-11**



"My 12-year-old son has been tearing through this journal! It sparks up great conversations, and **it's so good to see him put things down in drawings and writing that he might not otherwise share with us.** All around an amazing journal, and a great gift idea!"

- Heather C.

★★★★★

★ **SHOP AGES 11+**



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