



Tantrums, Toys and Traditions

Managing Holiday
Stress

YOU HAVE THE POWER

**This does not have to be
you!**

**Handout:
Simplifying the
Holiday Season**



CHECK YOURSELF FIRST

**Children are
YOUR “Elf on the
Shelf”**

**Ask yourself:
How am I feeling?**



GET AHEAD OF IT

Think about: what are the most common situations that create stress?

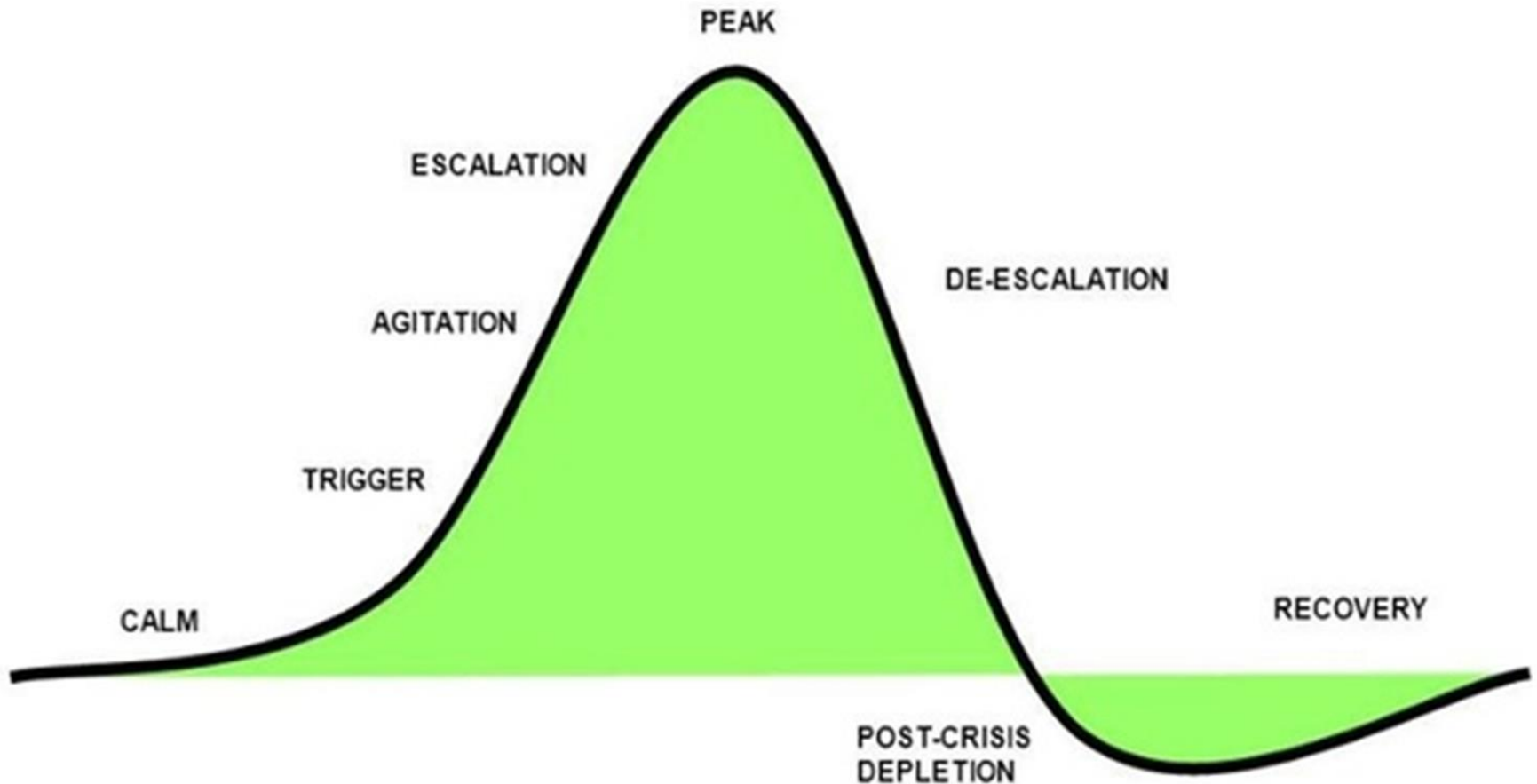
- ✓ **Establish rules and consequences**
- ✓ **Ask your children for input**
- ✓ **Try not to change the rules or expectations. Children need to know what to expect**
- ✓ **Let them have some “wins”**

Managing Behavior During the Holiday Season

- ✿ Children tantrum when they don't know how to solve their own problems
- ✿ Help children name their own feelings
- ✿ Avoid commands such as “calm down”
- ✿ Use the “when/then” approach



ANATOMY OF A MELTDOWN



The Language of Behavior



All behavior
has meaning

There is a critical
difference between
emotions and
behavior

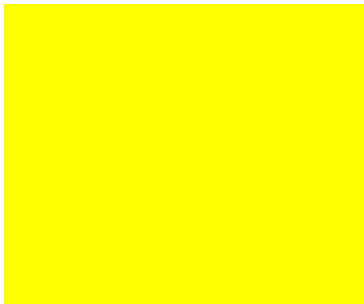
NEGATIVE BEHAVIOR

=

"I have a problem and
don't know how to
solve it
myself."

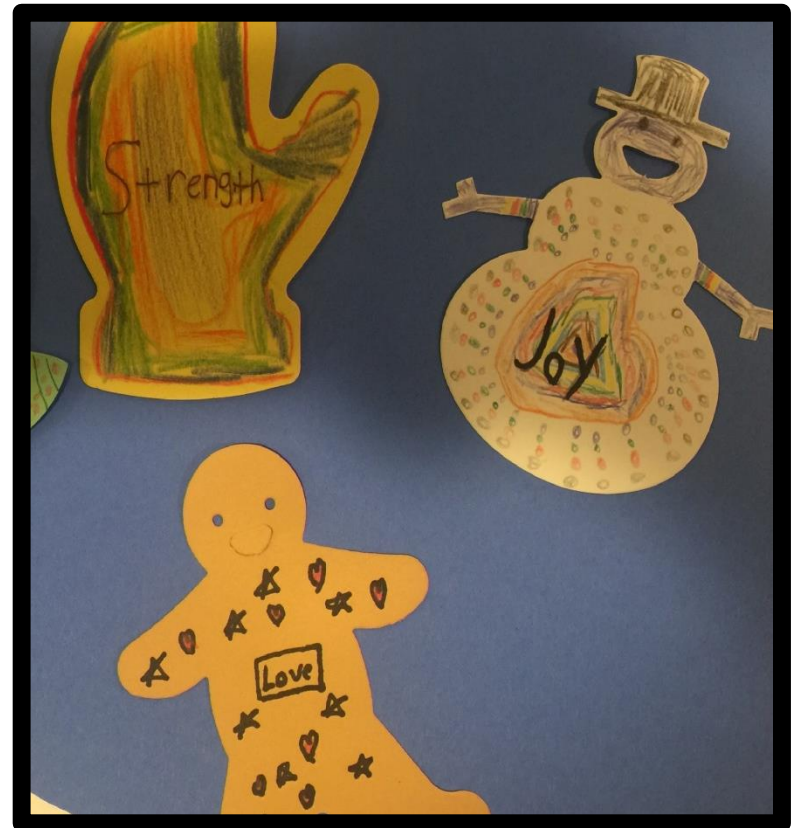
How to Avoid the “Gimme’s”

Prioritize requests using Post-It Notes



Encourage Children to Focus on the Giving Aspect of the Season

- ✿ It is never too early to encourage philanthropy in your child
- ✿ Connect volunteering and philanthropy to the cause: educate your children on why you are volunteering or giving money (IE: putting money in the kettle)
- ✿ Help them plan a charitable endeavor for a time other than December
- ✿ Demonstrate random acts of kindness (see Handout)



TAKE A MINDFULNESS BREAK

Mindfulness = Paying attention and staying in the present moment

Enjoy a mindful cup of tea or coffee to start your day

Square Breathing: inhale for 3 counts, hold for 3 counts, exhale for 3 counts, hold for three counts

Create “calm down” boxes or objects together

