

# *Well Being Tips for Parents at Christmas*

## Remember, big emotions need S P A C E

This time of year can bring some strong emotions like jealousy at a siblings toy or what might seem unfair at the best of times, but 2020 in particular has been a challenging year. Be mindful of feelings of worry about an elderly relative, sadness at not seeing family or missing a special holiday. It is best to encourage communication about what they are feeling and being empathetic to their emotions.

## Encourage conversations about gratitude

As a family this Christmas season open a conversation about what you are grateful for this year. This could be around the dinner table or at bedtime to end the day on a positive note. A few examples of conversation starters would be “I am grateful the four of us can be together on Christmas Day” or “I am grateful we can start a new tradition this year”. You could start a “Gratitude Jar” together and challenge each family member to write one thing each day to add to the jar. Then at the end of the month/ year (or however long you want to specify!) you can as a family, open the “gratitudes” together.

## Change perspectives

Show your children how to see things from a different angle. For example, instead of focusing on what you are missing out on this season, think about the new and exciting traditions you can create. Maybe venture on a beach walk on Christmas Day if you’ve never done so before, or start a zoom call with missing family members, watch the stars and spot Santa together!

## Random acts of Kindness

Think together as a family about what random acts of kindness you could do together. Maybe leave some treats on your neighbours doorstep, or offer to help clean up after Christmas dinner, donate to a food bank or deliver a book to a family in isolation.

*Enjoy the Festive Season Together!*