



## *Teach your Kids about Holiday Traditions from Around the World*

Christmas is the most celebrated Christian festival of the year. Most people know that Christmas honors the birth of Christ, but have you heard of these other holidays from around the world?

### Hanukkah (or Chanukah)

An eight-day Jewish festival that originated in Israel and is now celebrated all over the world. Every evening at sundown, a candle is lit to celebrate a Hebrew victory some 2000 years ago. Hanukkah means “dedication” or “consecration.”



### St. Nicholas Day

On December 6<sup>th</sup> of each year, Dutch and German societies celebrate this day in honor of a generous bishop who lived in Turkey during the 4<sup>th</sup> century. Also called “Nikolass” or “Sinterklass,” he would go from house-to-house and leave gifts and candies for good boys and girls.



### Las Posadas

Hispanic communities celebrate Christmas with a parade beginning on December 16<sup>th</sup> and ending on Christmas Eve. Las Posadas represents the pilgrimage of Joseph and Mary to Bethlehem before the birth of Jesus.



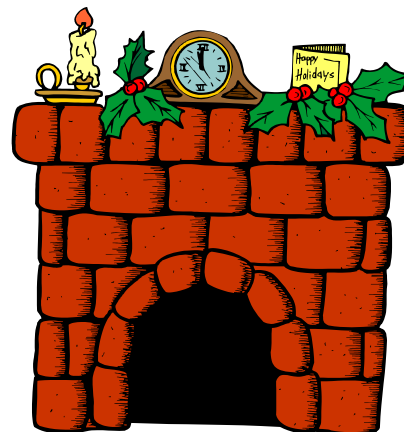
### Kwanzaa

Created in 1966 to encourage people to celebrate African American heritage, this holiday means “first fruits” and refers to the first crops in traditional African society. It is based on seven principles called Nguzo Saba and is celebrated for seven days, starting on December 26.



### New Years Day

Began as a celebration of the Roman god Janus, who had two faces: one looking forward and one looking backward. To honor Janus, the Roman Emperor Julius Caesar decided this holiday should be on January 1.



## Decorating Safety Tips !!



**NEVER** let kids or pets eat holly berries, mistletoe, poinsettia leaves and/or flowers --they are all poisonous plants.

Some holiday ornaments and decorations can be **sharp** and/or **breakable**. Be careful when allowing your children to decorate or play around them.

If using an artificial tree, make sure the label says "**Fire Resistant**." If using a real tree, check for freshness. A fresh tree should not easily lose its needles and the cut-off trunk should be sticky with tree sap.

**Keep** candles away from the tree and other flammable objects, and check all Christmas lights for frayed or bare wires.

**Always** turn off all the lights and extinguish all the candles when leaving the house or going to bed.

## It's Cold Outside!

**What to do when it's cold outside and your kids are stuck indoors?**

**They can still have fun! Here are some helpful suggestions:**

- \* **Bundle up and go for a walk. Keep moving and have on a coat, hat, scarf and gloves to keep warm in the cold weather.**
- \* **Sing Christmas carols or other holiday songs or read a book with your kids.**
- \* **Involve children in holiday traditions. Show them how to bake cookies or write holiday cards.**

Remember, the holidays are one of the most stressful times of the year. It is okay to look after yourself during this time, even if that means someone else does the cooking or watches the kids for an afternoon.

Sources:  
[www.kidsturncentral.com](http://www.kidsturncentral.com)  
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