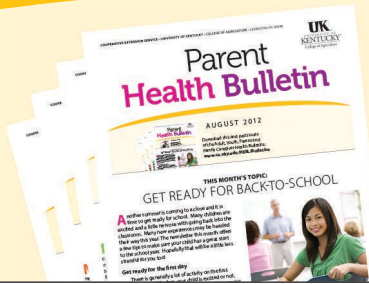


# Parent Health Bulletin



DECEMBER 2014

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## THIS MONTH'S TOPIC: HOLIDAY CHALLENGES

**H**olidays can be a lot of fun. They can also be stressful. When you are thinking about the “to-dos” on your list, take a minute and think about how the holidays may stress your child as well. During the holidays it may be hard to keep your child in his or her usual routine. When there are after school programs and activities, extra errands to run and friends and family visiting, the “usual” day may be hard to come by.

Children often follow our example. If you are feeling more stressed than usual this time of year, it is likely that your child is too. There may be times when your plans may not be coming together as expected. If you stay calm, it is much more likely that your child will stay calm too.

It is also important to plan for those times when things may take a little longer than usual. It may help to have some extra activities and snacks to help get your child through the wait. Just bringing a pen and pad for a child to draw with could help. If you are



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# *One of the best ways your child can enjoy the holidays is to make sure you stay as close to the normal routine as possible.*



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bringing along an extra snack, try to make it as healthy as possible. Fruit is always a great grab-and-go snack.

During this time of year, it is possible that your children may have a few extra sweets. Make sure they are brushing their teeth at least two times a day. This also helps your children know that even though the family may not be on a normal schedule, there is still a “bedtime” routine.

Sleep patterns may also be changed this time of the year. Programs at school and visitors may delay the time your child goes to bed. It is important to get back to your child’s regular schedule as soon as possible. When visiting others and staying overnight, it is also important to stay with the “bedtime routine”

*When visiting others and staying overnight, it is also important to stay with the “bedtime routine” as much as possible. Do not forget to bring a nightlight and a favorite stuffed item, if needed.*

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Routines are often seen in the morning and at bed times, but there are other routines that children do at school that you will want to continue during the break. Make sure your children get plenty of activity. They usually have recess of some sort every day and you want to continue time for your children to let out some energy. This is also a great time to play with your child.

As it gets closer to the holidays, sometimes daily routines have to be changed. One of the best ways your child can enjoy the holidays is to make sure you stay as close to the normal routine as possible.

### **REFERENCES:**

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**Health Bulletin**

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