



SUPPORTING CHILDREN AND TEENS DURING THIS HOLIDAY SEASON

The holiday season is upon us, with over two dozen religious holidays celebrated between November 1 and January 15th. No matter what holiday is celebrated, this time of year can be stressful for many families. It may even be more challenging with the ongoing world events, including wars, climate disasters, the ongoing effects of social injustice and racism, and rise of hate speech and crimes. Although the impact of COVID has changed over time, many families continue to be affected. For those families who have recently experienced the death of a family member or are currently separated from family members, the holiday season may be even more challenging as we think about those that won't be with us this year. As a family, decide how you will make the holidays special this year.

Given these changes, adults and children may experience waves of sadness, disappointment, loneliness, grief, and anger. It is important to not feel alone with these feelings, to have your feelings supported and validated by others, and to know that in the midst of these difficult times, you can create moments of joy, hope, and connection. While some traditions may have to shift, this is also an opportunity to create new family traditions together.

STRATEGIES AND IDEAS FOR THIS HOLIDAY SEASON: [Finding ways to make this year special](#)

Start a Family Conversation: Acknowledge What Has Changed and How Family Members are Feeling

- Talk to your children/teens about this holiday season.
- Let them talk about their feelings, both positive and upsetting emotions.
 - Let them know that they are not alone. You hear them.
 - Validate their feelings. It makes sense that they are feeling sad, disappointed, frustrated, angry . . . because the holidays are not the same, because they miss friends and family . . .
 - Even when you can't "fix" things, you are giving children the gift of your support.
- If loved ones have died during this year, find a way to honor their memory this holiday season and find ways to share your feelings as a family.
- Think together about your family values and traditions related to the holidays (the way you celebrate may still be different, but the meaning behind the holiday does not).



Find Ways to Make Connections

- Connections are extremely important during the holiday season. Discuss how your family will stay connected to loved ones and friends you may be separated from this holiday season. Arrange Zoom calls to light candles, sing holiday songs, or simply laugh and share stories.
- Consider how to show thanks to those that have supported your children/teens or your family this year (e.g., making a homemade card, creating a short video).
- Find out what activities may be happening in your community to celebrate different holidays.
- Improve your mood by helping others, even when you may be stressed. Because your children/teens do not always see your donations to charity or worthy causes, think of a way to help others in which your children/teens can also participate.
- Volunteer as a family to:
 - Deliver meals or prepare food boxes for food banks
 - Wrap toys donated for a toy drive
 - Shovel a neighbor's drive
 - Have each family member suggest one way to contribute an act of kindness to others
- Consider sending a special card to someone you know who is alone or may need some cheering up. Make a baked good and leave it at their door.
- Invite a friend or colleague who might be separated from their loved ones to participate in one of your holiday traditions.



Small Moments Matter

- Ask your children/teens about one thing they would like to do this holiday season. Brainstorm together creative ways to make this activity happen.
- Continue a tradition you started last year, or make a new one. Finding those times to come together as a family can bring needed joy and laughter to this holiday season.
 - Making homemade decorations
 - Cooking a favorite dish
(if you know, share the story about how this dish became a holiday favorite in your family)
 - Making homemade cards to send to special family, friends, and members of the community
 - Singing holiday songs
- Take a break from the media. Play a family game, watch something enjoyable on television, read a book, listen to music, build a snowman, or take a walk outside.



Keep to a Routine and Notice the Good Things

- Maintain routines as much as possible for everyone. Schedules and routines tend to disappear during the holiday season, however, they can help reduce feelings of anxiety and depression.
- Recognize and share what each family member is grateful for this holiday season, including things you appreciate about each family member.
- When you see a behavior you like in your children/teens, tell them. A bit of praise, encouragement, and positive notice from you can make all the difference. This can be very simple. Things you could say include:
 - “I really appreciate the way you helped with dinner.”
 - “Thank you for watching a movie/playing a game with your sister while I finished up my work.”
 - “I like how hard you are working on the holiday card. I’m sure it will be appreciated.”
- The new year is right around the corner. As it approaches, talk together about what you are proud of accomplishing in this past year. As the New Year approaches, consider having each family member set both a personal goal and a family goal to accomplish in the new year. Celebrate in some small way when the goals are achieved.

TAKING CARE OF YOURSELF THIS HOLIDAY SEASON

Just as you work to take care of your children/teens, remember to take care of yourself. When you take care of yourself, you are likely to be less anxious, depressed, and stressed. This will also increase your patience with your children/teens, which in turn, helps to reduce their distress. Modeling attending to your own needs also increases the likelihood that your children/teens will do the same.

- Eat well, especially as some holiday traditions may change typical eating routines.
- Be active or move your body in a way that you enjoy every day (e.g., take a walk, run, ride a bike, dance to your favorite songs).
- Engage in a relaxing activity (e.g., yoga, meditation, mindfulness, a hot shower/bath, reading).
- Connect with a friend or family member.
- Give yourself adequate time for rest.
- Disconnect from all electronics for a bit each day.
- Set aside time for “letting go” of some of your stress.



HELP IS AVAILABLE

- Even in the best of circumstances, holidays can be times of high stress. Most children/teens and adults are already experiencing higher stress and distress than usual. When children/teens are stressed, this is often seen in their behaviors. Give each other grace during this time. Sometimes a little space can go a long way.
- For families who are currently involved in mental health services, continue to use the skills you are learning as you cope with the stressors of the holidays.
 - Talk to your therapist about actions to take if you or your children/teens experience extreme distress, anxiety, or depression during this time.
- If you are worried about your children/teens, or yourself, know that services are available even during the holidays.
 - Contact your local mental health care agency
 - Check with your kids' counselor, pediatrician or physician for a mental health referral
 - Call a helpline
 - Disaster Distress Helpline, Call (800) 985-5990, Text TalkWithUs to 66746
 - National Suicide Prevention Lifeline, Call (800) 273-8255, [Chat with Lifeline](#)
 - Crisis Textline - Text TALK to 741741
 - Trevor Project Lifeline (866) 488-7386 (crisis support for LGBTQ youth)
 - 7 Cups; Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors; <https://www.7cups.com>



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