

## **Gearing Down for the Holidays**

When you think of the holidays, what comes to mind? Do you think of happy children or hyper ones? This season should be a time of tradition and cheer, but if you find that the holidays turn your child wild, it's time for your family to gear down for the holidays.

### **Keep your child's routine intact.**

The season brings unavoidable schedule changes, such as days off from preschool or daycare. Although it may sound odd, try to stick to your child's usual wake-up, nap and bedtime schedule. Children's bodies and minds need the rest, and maintaining schedules will also help them ease back into school after the holidays.

### **Limit the sweets.**

Sweets are a wonderful treat for children, but when there are plenty of treats around, make sure you monitor how much and when they eat them.

### **Talk about expectations.**

Older children often get caught up in the "gimmies." Setting limits in advance is a good strategy— let your child know what the limit is and why.

### **Allow children opportunities to enjoy the feeling of giving, not just receiving.**

The holidays are many things to many people, and not much feels better than being able to give to those in need and to those we care about. Let your children get involved in the spirit of giving by making gifts for those special friends in their lives!