

# Holidays and Single Parenting

*Carole and Ronald Krist Samaritan Center for Counseling and Education*

Start NOW to make a strategy for a good holiday season.

## **Decrease Stress**

- Cheerfully decline invitations that over-commit yourself and your child – whether financially, emotionally or time-wise.
- For more peaceful shopping or making holiday preparations, consider trading off babysitting time with a friend.
- Briefly acknowledge any sad feelings you or you child experience during the holidays.
- If your child will spend the holiday with the other parent, plan to spend the holiday with people who can lift your spirit.

## **Increase Joy**

- If your child will be spending the holiday with you, start a new family tradition.
- Encourage your child to join in exercise “breaks.” A walk around the block is fine.
- A nutritious holiday snack can help restore your energy. How about a cube of cheese and a small glass of cranberry juice?
- Find a service project to which you and your child could donate time and/or money.



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