

Recognizing Stress During the Holidays:

Holidays are an exciting time of the Year! The children are ready for winter break, family is coming to visit, time to buy presents, and time for STRESS!!! Some tips for making the holidays less stressful and more joyful: Plan ahead- make a list, delegate chores for other family members to help, everything doesn't have to be perfect.

Just say No-During the holidays, just say yes to the activities you really want to attend and don't allow yourself to feel guilty if you stay home and relax a night or two. You've earned it.

Stay within Your Budget-In today's recession, its ok if you don't spend big money or for that matter any money on presents. Become creative in your gift giving. Make gift certificates redeemable good for 1 clean room, 1 back rub, etc, you stay within your budget and your family is happy!!

Take time for yourself—this is a must during the busy holiday season. If you become a scrooge, the holidays won't be much fun!! Take at least 5 minutes a day to do something quite for yourself. Your family will thank you later!

Test Taking Tips for Parents

- ❖ Make sure your child does all their homework and reading assignments which will help make sure your child is prepared for the test.
- ❖ Encourage your child to space out their studying and homework assignments so that they won't be forced to cram on the night before the test.
- ❖ Encourage your child to do well but don't pressure him/her. You may stress him/her out. It is important for your child to stay relaxed on the test.
- ❖ Provide a quiet, well lighted area with little distractions to help your child study efficiently.
- ❖ Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.
- ❖ Encourage them to do better if they don't do well.
- ❖ Review the test with your child after they have taken it and go over any mistakes they have made and make sure that they understand what they did wrong and how they can improve for the next test.

www.testtakingtips.com

Recognizing Stress in Children:

Just as holidays are stressful for adults, they can be stressful for the children. All the excitement is fun, but being off schedule, out of routine, and with parents stressed often times causes stress for the children during the holiday season. Some tips for keeping your child stress free during the holiday:

Keep them on a regular schedule as much as possible: keep bedtime, waking up time, nap time etc.... as close to normal as possible during break, this will keep their schedule consistent

Eat healthy: though there will be lots of goodies around for snacking make sure to include fresh fruits and vegetables and don't allow you child to skip meals. Encourage your child to get outside to run and play as much as possible during the holidays.

Be consistent with rules and discipline: you will probably have visitors in your home (maybe grandparents, aunts/uncles etc...) who don't see your children often and will want to "spoil" them while they are with them, it is important that consistency with rules remain during the holidays and throughout the year.

Give them a hug often:

Rainy Day Activities

Hooray for Hollywood!: Give the children a theme and let them search the house for costumes/accessories. This will awaken their creative side and keep them busy for hours.

Find the hidden treasure: Bury a hidden "treasure" before they wake up for the day. They search the morning for it. You can send them on a treasure hunt by leaving written clues around the house; each clue written leads them to another written clue that eventually leads them to the treasure!

Time Out for Teachers!!!

Happy Holidays!!!

SEDNET wishes everyone a Wonderful and Blessed Holiday Season!