

Christmas surviving guide

Dos and don'ts for the Xmas season



Christmas overload

Christmas time is supposed to be the most wonderful time of the year, however for families with young children it can be also the most overwhelming and stressful! With all the TV adverts, shop displays, peer pressure it is very easy to get overwhelmed and over excited long before December. Children know what they want they may start asking for tones of toys that they don't really need. The ques in the shops are crazy and long, adults get stressed out and the children can sense the stress. We are trying our best to get everything ready but very often as the result we just hush the kids out of our way during the process.

It is a natural thing as there is a lot involved in Christmas preparation especially if we are expecting visitors, but we have to remember that we are creating memories for our children and we want them to remember the nice family atmosphere and this magical time.

So let's have a look on how to get Christmas ready and ensure wonderful family memories for everyone.

Manage expectation



When you talk about Christmas with your kids, don't focus on the presents. It is a very natural thing that we ask kids: what did you ask Santa for, but let's try to talk to our kids about Christmas and tell them how nice it would be because of the festive meal, the beautiful lights, the fact that you don't have to go to work/school etc. Tell them to ask for one thing only, something they really want not a long list of things. The rest can always be a surprise if you want to buy it, but at least their expectations will be lower, so they cannot get disappointed

Never threaten with Santa

Don't use the classic: I will call Santa and there will be no presents.. First of all, we all know this is not true, so it is an empty threat that will just cause consequences later on, as your kids will soon learn that you are not serious, secondly that type of threat causes unnecessary stress and anxiety and again puts presents in the heart of Christmas. The naughty and nice list should really be a thing of the past as there are better ways to motivate children to behave well.



Involve them



Make it a family tradition to bake Christmas cookies together, decorate the house, write Christmas cards. It will be some great quality time spent together and you will create beautiful memories. Those things don't have to be perfect. You will satisfy your child's needs for some attention so they will let you do other things in peace. Get them involve in cleaning too! Just make it fun not a chore

Make hand made ornaments

Kids love arts and crafts and they will be so proud if their creation gets put on the Christmas tree! You can keep them busy making some Xmas art while you tackle all the other house chores. There are plenty of ideas on the internet and there will be a special Xmas edition on our you tube channel as well!



Spend time together

Make it all about experiences- spend time together, go for an evening walk admiring Christmas lights, play board games, watch Christmas movies. Let go of the little things that are not as important. Your kids are small for such a short time so enjoy every minute of this magical time

