



Holiday Survival Guide for kids!

1. SET CLEAR EXPECTATIONS

Discuss expectations prior to the outing. Describe what will happen. Role play scenarios. Discuss appropriate behavior. You and the child will enjoy the experience more if you're not on the defensive and they're not feeling over-corrected.

2. CREATE MARGIN

Holidays can be stimulating... so many sounds, people, lights, movement from event to event. Make sure your children are rested, hydrated, and have free time to enjoy the season.

3. BE PREPARED

Need a car nap? Pack a blanket and pillow.
Going to Great Aunt Sally's? Pack trusted snacks.
Long drive? Charge the Tonie box ahead of time.