



December 2017

## Give the Gift of Experiences for the Holidays

- Bake cookies or other sweets together
- Make cards for friends and family
- Game night with board games
- Hot cocoa and a stargazing walk
- Visit local holiday light displays
- Have a holiday movie sleepover in your living room with sleeping bags & popcorn
- Read holiday stories together
- Go ice-skating together

## Help Children De-Stress This Holiday Season

- Discuss holiday plans in advance and familiarize children with what they should expect over the holidays (who they will see, what they might eat, what activities there may be, and if they will be expected to follow new rules).
- Try to keep a stable routine and minimize disruptions as much as possible by sticking to bedtimes/naptimes, providing familiar foods, and bringing some of the child’s favorite things with them during travel.
- Take care of yourself and take steps to reduce your own stress. Stay active, practice relaxation, eat healthy foods, and get a good night’s sleep.

## Learn About Other Holiday Traditions with Your Children

*Visit your public library or search online to learn about each of these December holidays’ special foods, activities, and teachings.*

December 12-20<sup>th</sup>: **Hanukkah**, the Jewish eight-day festival that celebrates the triumph of light over darkness.

December 25<sup>th</sup>: **Christmas**, the Christian celebration of Jesus’s birth.

December 26-January 1<sup>st</sup>: **Kwanzaa**, the African-American celebration of family, community and culture.

November 30-December 1: **Mawlid al-Nabi**, the Muslim celebration of the birthday of the Prophet Muhammad.

## VOLUNTEER OF THE MONTH

November 2017

Julie Norton

Mayo Elementary School

“her commitment and dedication to the community continually exceeds expectations”



Office of School & Family Partnerships

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*Nuestra Comunidad (Our Community),*

*¡Charlemos Juntos! (Let’s Chat)*