

# Parenting Tips:

## Handling the Holidays by Planning Ahead

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### Plan the Day and Meal

**1** Keeping holiday stress down works if you plan ahead! If you are having people over, plan what you will cook. Shop ahead of time. Write down a plan for cooking times. Figure out what you can cook early and re-heat. Ask for help!

### Plan the Gifts

**2** Plan throughout the year to get gifts, especially when you see things on sale. That way you are not rushing to do all your shopping at once. And then you don't spend a lot of money at once. Start now if you haven't started yet! Also, try the Dollar Store, 5 Below, or Goodwill for great, low-cost gift options. You can even get your gift bags and wrapping paper at those stores. Wrap gifts individually so kids have more to open. If your child has a sensory need and does not like tape, use less tape, and get bags and tissue from the Dollar Store for their gifts. Kids don't need a lot of presents and they don't need to cost lots of money.

### Plan to Have Fun!

**3** Holidays can be stressful. They can also be fun. If you plan ahead it won't be so hard. Talk to someone about how you are feeling or if you are having a lot of stress. Reach out to a friend, neighbor, family, or professional to talk to.

### REMEMBER!

**Holidays should be fun, and a time to be with family.  
Don't worry about all the details, try to enjoy  
yourself!**

