

## Holiday Tips for Parents

By Tim Smith – The Parents Coach © [www.parentscoach.org](http://www.parentscoach.org)

1. Capture the time to make lasting memories. Holidays provide time away from the usual routine. Time to connect; time to reflect and time to remember.
2. Be the 'good enough' parent. Don't expect the holidays to be 'perfect'. But they can be relaxing if you decide to be the 'good enough' parent.
3. Take **your** *kid* out to play. Rediscover the wonder of the holidays by remembering the excitement, the traditions and special foods YOU had as a child. Try to see the holidays as a child, rather than as an adult.
4. Remember that a child's economy is not about status or price tags. A child's primary economy is FUN. Ask your child, "What can we do to make the holidays fun?" It might involve changes and compromise; but it will show that you are 'investing in your child's economy' simply by asking.
5. Sometimes, we can do more, by doing less. Be willing to NOT do something that you usually do. Make this your gift to yourself – the gift of a more relaxed, rested parent!