



Be Less Stressed this Holiday Season



This holiday season many families will gather around the table or the fireplace and create lasting memories as a family. For many of us, the holiday season can also bring an increased sense of family responsibility and additional stress. Managing stress is an important part of being a parent. Read on for some stress busting ideas for you and your children.



Tips for managing your stress this holiday season:

- **Eat right.** Try low fat carbohydrate-rich meals with fruits and vegetables to give you energy and boost your immune system.
- **Get enough sleep** (7-8 hours) to recharge.
- **Take time for yourself.** Even if it is only minutes, it is important to carve out time to reflect and refresh.
- **Be active.** Go for a family walk to look at holiday lights.

- **Engage.** Make time to talk to friends and family when you are feeling overwhelmed.

Tips for helping your child cope with holiday stress this season:

The American Psychiatric Association suggests the following:

- Discuss holiday plans in advance and let kids participate in decisions.
- If you're traveling, leave plenty of extra time and bring snacks, books, games and music.
- Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," or overtired.
- Make sure kids get plenty of sleep.
- Let kids be honest about their feelings.
- Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions.



**2013 American Psychiatric Association. Retrieved from [University of Nebraska](#)*

For more articles like this see

-- Oregon Parenting Together --

Local Fun & Holiday Events

- Dec. 1st- [Western Oregon University 50th Annual Holiday Tree Lighting](#). 6:00-10:00pm.
- Dec. 2nd- [Independence Santa Train, Parade of Lights, Holiday Party](#). All Day.
- Dec. 1-26th- Salem- [Christmas Lights in Keizer](#). 3:00-8:00pm. Gubser Neighborhood.
- Dec. 2nd- St. Paul- [Newell Pioneer Village Candlelight Tour](#). 3:30-6:00pm.
- Dec. 9th- [Keizer Holiday Lights Parade](#). 7:00-9:00pm. Line sidewalks of River Road in Keizer between Lockhaven and Glynbrook road.



Upcoming Parenting Classes

Incredible Years (*English & Spanish*)

Mary Eyre Elementary

4868 Buffalo Drive SE

Salem, Oregon

Every Tues., for 14 weeks

October 10-Jan. 9, 2018

5:00-7:00pm

Call (503) 399-3311 to register

Incredible Years (*Spanish*)

Las Naciones United Methodist Church

820 Jefferson St NE

Salem, Oregon

Every Wed., Sept. 13- Dec. 13

9:30-12:00pm

Call (503) 390-3400 to register

**To register for these classes and
to find more visit our [calendar!](#)**

For Parenting Classes in Polk County visit [Mid-Valley Parenting](#)



Blog of the Month

Peek-a-boo seems to be a game that nearly all young children love to play. I'm not sure if it's the anticipation of when they will see you again or the actual reappearance you make that they enjoy most, but whatever it is, peek-a-boo is often a favorite game of little ones.

-- Read More --

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Search for the Daily Vroom app in the iTunes, Google Play, or Amazon Fire stores.

OR

Sign up for weekly brain building text messages by texting CHILD to 48258.



Vroom Tip

When you're doing laundry, have your child help you match the socks. Ask him/her to help you match them by size. Then change the rules and ask your child to match them by color. Have a back and forth conversation about what you are doing.

[More Vroom Tips](#)
