



With the holidays fast approaching, and the challenges of coronavirus pandemic still ongoing, you may be feeling worried about how you can help your child cope with the disappointment of things being different this year. Here are a few ideas to help your kids connect and manage their disappointment and uncertainty in a safe and healthy way.

**Celebrate Family Traditions.** Family traditions give children the connection and stability they crave. Even during uncertain times, they're a foundation for hope and reassurance.

**Maintain Normal Routines.** Even though kids are home from school and have more free time, it's still important for them to have some structure to their day. Routines provide a sense of safety, control and predictability.

**Make Time to Play.** A family craft night gives kids an opportunity to connect and feel creative. There are so many fun and inexpensive holiday activities that you can do at home. Play allows kids to make mistakes in a safe and comfortable environment and develop problem-solving skills.

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### Holiday Activities for Kids

**Make Holiday Treats.** Although you may not want to keep too many treats in the house, you can always share with others that would appreciate the kindness of homemade treats.

**Pinecone Decoration.** This kid-favorite is super simple. Let your child hunt for a pinecone, then slather it in glue, glitter, paint, beads, etc. Let them pick a special place to show off their new creation.

**Friendship Rocks.** Rocks, paint and some creativity are all that are required. Take your decorative rocks with you for a socially distanced walk and leave them for friends and neighbors to enjoy.

**Create a "Thankful Jar".** Decorate a "thankful jar" and have the kids fill it with things they are thankful for. Take turns reading them during holiday dinner.

### Helpful Links

- [How to Help Kids Cope with the Holidays](#)
- [Fun and Easy Holiday Activities for Kids](#)
- [Managing Holiday Disappointment with Kids](#)

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