

2020 Guide to the Holidays: For Caregivers



6 Holiday Tips for Caregivers



Let them lead!

We know that kids today want to be involved in decisions and that families of today make decisions together. Caregivers don't need to take on all the responsibility of making the holiday a success! Kids want to help and are full of good ideas, so if you get stuck and are out of creative ideas, ask them for help or even let them lead! Better yet, put them in charge of an entire activity and watch them shine!

Un Adult!

Let yourself be a kid this year. We all had to "adult" way too much this year, even kids! Play is the key to unlocking your kid like self! So roll up those sleeves, get on the floor & get a little messy! The dishes can wait!

Fill your cup first!

Parents have given to their families at unprecedented levels this year. It's important not to lose sight of yourself. Make sure your cup is also full this holiday season. The holidays will come and go, but our health is here to stay. Even a little cup of tea for yourself goes a long way!





Make your Home a Playhouse!

Make your holiday home a playful place! Give yourself permission to enjoy time with your family at home and lean into the fact that this is a special and different kind of holiday, with so many opportunities to bond with our kids at home. Don't feel bad about missing that cancelled annual Christmas Party! Instead host a tea party with your kids instead! Let imaginative play shine this year!

Embrace the Weird!

If nothing else, this year has been really weird. Lean into this! Take this opportunity to celebrate mash ups, mismatches, and upside down style fun! Have pancakes for dinner! Do a Christmas holiday egg hunt! Spend all day in your pajamas! Make a Maple Tree your Christmas Tree! Have fun and set a silly tone your kids will love you for it!

Be real!

We've all been through a tough year. You don't need to be perfect or appear that you have it all together. Of all the years to do so, this is the one to let go of the little things and just live in the moment!

