

Tennessee's Families



December 2018 Edition

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HOT TOPIC OF THE MONTH

Family Time during the Holidays!

Ho, Ho, Holidays! It's that time of year for laughter, cheer, and spending time with family and friends. It's also the time for kids to be on break from schools and traveling for some families. There are so many ways to keep your children engaged while also spending quality time as a family! If you are traveling for

the holidays or would like to keep your kids from being bored, here are some tips for surviving the holidays while having fun and being stress free!

Happy Holidays



Visit <https://www.tnvacation.com> for fun happenings and places to go in the state of TN.

Visit <https://www.tonyrobbins.com/wealth-lifestyle/25-free-family-holiday-activities/> for a list of all the wonderful and free ways to enjoy the holidays and creating magical memories.

The list includes, making gingerbread houses, having a holiday movie night, and visiting nursing homes. Head over to your local library and read books, go for story time and see what events they are having over the holidays.

BOREDOM BUSTERS

Fun at Home

Have a camp out in your living room! You can gather sheets, blankets and pillows to create a tent/fort. Allow the kids to be creative and problem-solve by figuring out how to keep the tents “up” and what could help them stay.

You could hang small holiday lights, and play nature sounds to make it feel as if you’re outside! You can camp in the afternoon or at night, it’s up to you! The best parts about this is that you can create memories, spend time together, and it’s free!



Out and About

Traveling can be stressful, especially over the holidays. If you must travel with your family, here are some great ideas to help make it less stressful:

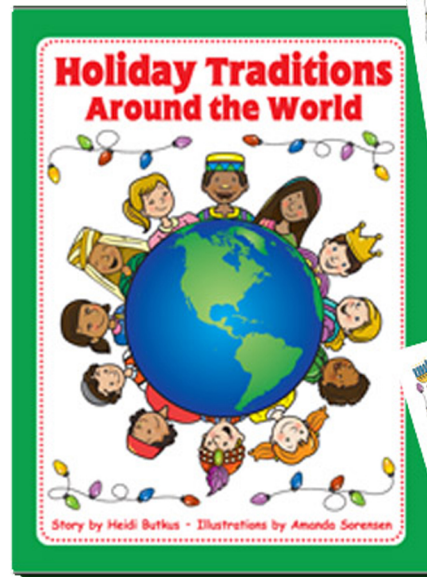
- Turn traveling into a game, play I-Spy or Scavenger Hunt
- Plan Ahead- boost immunity, Family-friendly hotel, prepare children for the adventure of traveling.
- Practice Mindfulness- the hustle and bustle of holidays can overwhelm children and parents.
- Take time to put things in perspective, deep breathe and relax, journal or color together.

Enjoy being together!

READ, LEAD, SUCCEED.

Holiday Traditions Around the World

This Heidisongs book introduces children to the many ways that holidays are celebrated around the world, including Christmas, Hanukkah, Diwali, Eid-ul-Fitr and Ramadan, and Kwanzaa, plus 10 other holiday traditions. Using child friendly language, descriptions, and illustrations, this book is the perfect introduction to multiculturalism and the idea of celebrating our differences as we look at holidays throughout the world.



QUOTE OF THE MONTH

“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.”

— Burton Hillis

Contact Us

Visit our website to connect with a Family Engagement Quality Coach near you,
www.tnccrr.org

