

Parenting Tips
from
6a Penrith Place
BALGA WA 6061
Phone: 9440 0011
Opening times : Monday to Friday 12 PM to 4 PM

Christmas and Stress

The Christmas season can be a very busy and stressful time for all of us. For some the stress that is experienced prevents one from enjoying these special family days. Here are a few suggestions that may bring more fun and happiness into our days as we get ready for Christmas Day.

- ☺ **Establish Christmas events and rituals** – As we grow it is not always the presents and money spend that we remember it is usually the traditions we were involved in for example – hanging our stockings; decorating the tree.
- ☺ **Take a day where you slow down and enjoy each other's company.** Plan a family picnic or an evening at home watching videos.
- ☺ **Take time for yourself and the things that you enjoy.** If you look after your needs you will be able to deal with the rush and hubbub of Christmas much better
- ☺ **Avoid the Christmas rush.** When we rush our Christmas shopping we sometimes lose the importance of the occasion. Try shopping at times when there are fewer people at the shopping centre. Try to avoid that last minute rush.
- ☺ **Set a realistic budget.** Try not to over extend yourself financially at Christmas, set a budget you can afford and stick to it. Talk with other members of the family and agree to limit spending to a particular amount that all can afford.
- ☺ **Keep it simple and focus in the real celebration of Christmas.** Think about what Christmas means. Get involved in a community project, how can you include somebody who is less fortunate than yourself or alone at Christmas.
- ☺ **Live Christmas through your children.** If you view Christmas through your children's eyes you are bound to gain great joy and happiness from the festive season.

Christmas can be a time of wonderful family fun and pleasure. Do call into our Centre to find out more ways of ensuring you enjoy yourself this Christmas.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.