



### FAMILY FOCUS

Studies show that spending time with family significantly reduces the occurrence of depression, anxiety, and other mental illness. Make this holiday season especially memorable and improve mental health by spending time together as a family. Set aside phones, tablets, and computers, and be intentional in celebrating the season together.

- Decorate your home together as a family this holiday season.
- Find a fun holiday themed game or visit a light show together.
- Create new family traditions by choosing a special book to read each year or baking special treats.

### SEASON OF GIVING

Getting presents is a high point of the holidays for any child but should not be the only focus. *Giving* presents can be just as rewarding as getting them. In fact, new research suggests that giving presents and volunteering time have positive impacts on both physical and mental health. Here are a few ways to give this holiday season:

- Volunteer as a family at a hospital, animal shelter, or food pantry.
- Donate toys to shelters and holiday gift drives.
- Help your children create holiday cards or even handmade presents. Gifts do not need to cost money to make an impact!

### HOLIDAY CHILDREN'S BOOKS

#### **Hershel and the Hanukkah**

##### **Goblins**

by Eric Kimmel and Trina Schart

Hyman

#### **The Dreidel that Wouldn't Spin**

by Martha Seif Simpson

#### **The Wish Tree**

by Kyo Maclear

#### **Merry Christmas, Little Elliot**

by Mike Curato

#### **Little Red Sleigh**

by Erin Guendelsberger

#### **'Twas Nochebuena**

by Roseanne Greenfield Thong

#### **Li'l Rabbit's Kwanzaa**

by Donna L. Washington

### MANAGE HOLIDAY STRESS

Help your children prepare for changes in routines by discussing upcoming events or plans. Give them the opportunity to ask questions and talk through any concerns that they have about these plans.

Most importantly, be patient with yourself and with one another! This is our second holiday season in the COVID-19 pandemic. Mental health needs are at an all-time high, and the holidays may feel overwhelming. Check in with yourself and seek help when you need additional support. For more information on family resources for mental health, visit <https://www.cbsd.org/Page/936> .



“Find a job you enjoy doing, and you will never have to work a day in your life.”  
— **Mark Twain**

This quote may optimize the wish that many parents have for their children’s future. Some of you may be fortunate enough to feel that way about your own career. Finding that ideal job is the challenge and for our children it is often a matter of “trying things on” to see what fits. The link below shares interesting looks at how people feel about the work they do. Although many of the videos may be more appropriate for older students, some could be fun for the younger ones such as Kite Designer or Experimental Film and Stop Motion Animator.

Perhaps take a few minutes over the upcoming school break and watch some of these with your sons and daughters. Ask them what they think, and listen. You both may learn something about “a job you enjoy doing.”

<https://www.kqed.org/education/18675/50-videos-for-career-path-explorations>