

# CELEBRATING THE HOLIDAYS

The holiday season sometimes includes visits with extended family members or other close family friends. We encourage you to talk with the children in your care about who you will see and what they might expect. Let them know if there will be different rules or expectations during family visits.

It's often helpful to make a plan of action in the event they feel overwhelmed. Here is a helpful checklist of talking points and tips to help guide your conversations.

-  **How will the children signal to you that they are feeling overwhelmed?**
-  **What can you do together to calm down?**
-  **Bring familiar toys/blankets to help them feel secure.**
-  **Talk to your family. Let them know about any challenges the children in your care may face when in a new environment or with new people.**
-  **Let your family know how the children address you and one other.**
-  **Ask your family what their expectations are.**
-  **Share some photos of the relatives your children might see or meet.**
-  **You might even roleplay a little to help make your children feel more comfortable about an upcoming visit.**

With mindful planning and support, you can have a successful holiday season where everyone in your home feels loved and supported.