A Season of Connection

Bringing Families Together This Holiday Season

Simple ways for parents and caregivers to partner and help children feel supported, loved, and secure

The holidays bring gleeful anticipation for most children. For a child who is separated from family, they can also bring sadness, divided loyalties, and longing for loved ones and familiar traditions. The holidays are also a meaningful chance to establish or strengthen connections between the adults who love that child.

When You Can Be Together

- **Share the moments.** Jointly attend school plays, church concerts, or sporting events.
- **Bake together.** Host a morning of cookie baking and swap favorite recipes between families.
- **Celebrate together.** Set aside time for a combined family celebration. It can be as simple as meeting at a local play space or getting together at either home.
- **Start a tradition just for your two families.** Try ice skating, sledding, or a walk to see holiday lights, followed by hot cocoa, of course.
- **Take the photo.** Meet at the mall for pictures with Santa.

When You Can't Be Together

- **Connect online.** Free platforms like Zoom or Google Meet let you watch a movie or read favorite stories together from separate places. (Ask a tech-savvy friend to help you get set up.)
- **Pick a theme day.** Wear the same color, like a red shirt day, and share pictures between families. Something this simple can visually and emotionally connect the child's two worlds.
- **Learn and honor traditions.** Reach out to the child's family to learn about their family traditions, and make room for them.

Pick One Idea This Season

The idea I'll try: _____

With: _____

We'll do it on: _____

With open communication and a willingness to connect, parents and caregivers can work together to help children feel supported, loved, and secure through the holidays and beyond. If you don't have a close relationship yet, it's never too late to reach out. What better gift could you give the child you both love?

The Coalition for Children, Youth & Families