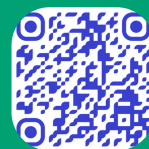


# Calm Holidays, Happy Families



## Keep Routines:

- Stick to regular bedtimes
- Serve healthy meals
- Make time for rest
- Manage sugar intake
- Don't overschedule



## Keep It Simple:

- You do not have to do everything
- Choose activities that matter most to you
- Ask your child how they feel
- Listen without judgment



## Low Cost Activity Ideas:

- Read a holiday story
- Go for a walk
- Watch a favorite movie
- Practice gratitude
- Spend quality time together

## Signs of Stress in Parents

- Busy schedules
- Money worries
- Family expectations
- Changes in routine

## Signs of Stress in Children

Your child may:

- Be more irritable
- Have trouble sleeping
- Act out
- Seem quiet or worried

**CLICK  
TO  
LEARN**

- [Stress Relief Activities.pdf](#)
- [findtreatment.gov/locator](https://findtreatment.gov/locator)
- [www.hrl.nyc](http://www.hrl.nyc)