



BUILDING HEALTHY HABITS

Holiday Wisdom From Frosty & The Grinch

Hey families,

This time of year brings out the tender side in all of us. We want our kids to feel happy and loved. And with social media showing everyone's "perfect" holidays, it's easy to feel like we should be doing more — more gifts, more outings, more everything. That's why this month, we're looking at the simple wisdom tucked into two classic holiday stories: Frosty the Snowman and The Grinch.

Frosty reminds us how quickly joy can appear. A silly hat, a happy song, a moment in the snow — and suddenly the day feels a little better. Kids don't need big, expensive things to feel magic. They feel it in the small, playful moments we share.

The Grinch teaches us that even when we take away the gifts, the decorations, the "stuff," what matters most remains — love, community, and togetherness. His heart doesn't grow from receiving more... it grows from connection.

These stories pull us back to the truth we sometimes forget: our children don't need the most to feel the most. They remember the warmth, the laughter, the way we make them feel seen and safe.

So this season, let's step out of the pressure and back into the heart of things:
presence over perfection, love over lists, connection over comparison.

Early Childhood - HRL Preschool

Little ones see the holidays differently; they feel the moment, not the pressure. That's why Frosty and the Grinch make perfect sense in a child's world. Kids find joy in small things, and like the Whos in Whoville, they care most about connection.

A few gentle reminders this season:

- ❄ Simple moments matter most.
- ❄ Routines help little ones feel safe.
- ❄ Your presence is the real holiday magic.

🧊 Winter Health Tips

- Wash hands often to help stop colds from spreading.
- Bundle up in layers to keep little ones warm outdoors.
- Keep bedtime steady — routines help children feel secure during busy weeks.
- Offer warm drinks and rest if sniffles start.

Resource Family Corner

Pick a favorite holiday story: Frosty, The Grinch, or anything your child loves. Turn off the lights, use a lamp or flashlight, and read together with a warm drink or snack. It's simple, calming, and creates the kind of memory kids hold onto forever.

**For our youngest learners, joy isn't bought,
it's shared.**

🎀 Holiday Wishes

As we close out the year, we wish your family a season filled with joy, rest, and connection. Whether you celebrate Christmas, Hanukkah, Kwanzaa, or simply enjoy quiet time together, may your home feel warm and full of love. And if you're missing someone this season, may you find gentle moments of peace

—The HRL Team

