



Top tips for supporting children during the festive season

The run up to Christmas can be a busy time and it is possible that you may notice changes in your child's behaviour as their excitement builds! Below are some ideas for supporting them (and you) to survive the festive season...

Maintain a routine- routines provide a sense of stability and security for children (e.g. stick to regular mealtimes and bedtimes)

Foster creativity- creative activities support cognitive and emotional development (e.g. arts and crafts, baking)

Teach gratitude and giving- builds their empathy and understanding (e.g. donate old toys, visit elderly relatives)

Provide emotional support- holidays can be emotionally challenging for some children (e.g. regular check ins, model talking about how you feel)

Promote physical activity- physical activity is crucial for health and can be a great stress reliever (e.g..family walks)

Consider limiting screen time- research suggests excessive screen time can impact sleep and attention (e.g. set clear boundaries, offer alternatives)

Incorporate relaxation and downtime- helps with stress management and overall wellbeing (e.g. read a story, mindfulness activities)

For ideas to support your own mental health at Christmas, visit www.mind.org.uk