

# Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

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## What is this resource and how do I use it?

Christmas can bring a lot of joy - family time, presents, good food and laughter - all of these are magical. However, Christmas can also bring a lot of stress - especially for working parents who are already juggling so many different things. This guide gives you the low-down on ten tried and tested stress-busting tips for Christmas.

## What is the focus of this resource?

Wellbeing

Managing Stress

Christmas

## Further Ideas and Suggestions

Christmas can be a stressful time for children as well as adults - use this [Christmas Candle Meditation](#) activity to help your child relax amidst the festivities. Or, if you're looking for Christmas activities to do with your child, have a go at making these [Salt Dough Decorations](#).

Parents Blog



Parenting Wiki



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# Top Ten Stress-Busting Tips for Christmas

## Plan ahead

Plan ahead by organising presents, recipes, visitors and activity ideas early.

## Be mindful

Be mindful and keep a close eye on your stress levels. Take care to avoid a build-up of stress.

## Prioritise self-care

Prioritise self-care by planning regular wellbeing breaks.

## Say no

Say no, learn to set boundaries and be selective about which Christmas activities you engage in.

## Care for your body

Care for your body by eating and drinking well and making time to exercise.

## Pace yourself

Pace yourself by spreading your activities and energy evenly over the holidays.

# Top Ten Stress-Busting Tips for Christmas

## Be realistic

Be realistic and remember there is no such thing as a perfect Christmas. Embrace the joy and don't dwell on disappointments.

## Exercise good cheer

Exercise good cheer by lowering your expectations and approaching the season with a sense of humour.

## Avoid comparisons

Avoid comparisons by remembering everyone's Christmas is different and everyone's budget is different.

## Remember the reason for the season

Remember the reason for the season by reflecting on what Christmas really means to you. Appreciate what you have and be thankful.

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