

tip of the week



Our lives have been chaotic ever since the holidays. How do we regain peace and quiet?



Many families catch the “bahhumbug,” a crazy illness that’s passed through stressful holiday travel, different foods and hectic schedules. Symptoms include the kids still expecting holiday cookies and candy or eating fast-food dinners in the car. Here are some cures!

- Reinstate the normal rules and routines. Young children calm more quickly and relax better when they know what is coming next. They need routine! Address the exceptions to rules you made during the holidays. “We changed things a little because Grandma was here. She has gone home. Now we’re back to our regular bedtime.” Don’t apologize. You’re in charge. Reset the routine.
- Give fewer choices for a while. Put some old toys away for now so that your children have time to enjoy each new gift. Offer fewer food, clothing and activity options. While kids need to make choices (and either option should always be one that is OK with you), we all can feel overwhelmed by having to make too many decisions.
- As with any “bug,” prescribe some treatment for yourself: Get more rest. Go to bed earlier. Allow more time for getting ready in the mornings. Say no to some activities. “Sorry, I’m just getting over the bahhumbug. Maybe I’ll be ready next month!”

