

THE CHILD HEALTH CONNECTION, INC.

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HAPPY HOLIDAYS TO YOU

December is such a busy month for most people who enjoy celebrating the holidays. Children feel the stress that their parents are experiencing. Our goal is to recognize the stress in children and take actions to minimize the hectic and stressful living. Perhaps these ideas will be useful to you:

- **Maintain regular routines:** Well balanced meals, exercise, and regular bedtime can ease stress levels and prevent illness. Schedule some family “time out” to rest and relax together. Shopping trips and visiting relatives are more enjoyable when children are rested and healthy.
- **Fun activities:** Local libraries offer free story time and child-friendly activities. Older children and teenagers may enjoy volunteering with a charitable organization with parent supervision. Assist children in making holiday gifts for the family.
- **Family Traditions:** Those tried and true traditions provide comfort and security to young children and provides meaning to the family celebration of the holiday. Perhaps go to a parade, bake cookies, attend worship services or musical performances.
- **Teach Love and Care:** The holidays are not just about getting gifts. A happy child is one in which they learn to love and care for others. Perhaps include the children in providing a holiday gift for someone in need. Many agencies are available and ask for assistance each year. Teach the child to think of others by your example of giving to the needy, both old and young.
- **Laughter:** It is the best for stress relief. Parents and their children are so deserving of good hearty laughter during this wonderful holiday month. Take a deep breath, smile and know that your child is always learning from you. Make it the best holiday season for you and your family and as stress free as possible. Here are a couple of fun recipes for you to make with your child.

Marshmallow Snowman

What You Need:

- Marshmallows
- Tic Tacs (orange and other colors)
- Melted chocolate
- Pretzels
- Various Candy to decorate
- Small, clean paintbrush

Instructions:

1. Take two of the marshmallows and “glue” them together using the melted chocolate. Then take a third marshmallow and “glue” it on top of the other two using chocolate as well. It should look like a tall stack of marshmallows.
2. Take two short pretzel sticks and insert them into the middle marshmallow to act as the snowman’s arms.
3. Using three Tic Tacs, poke them into the snowman’s body in a vertical line to act as his buttons.
4. Using your paintbrush, paint on eyes and a mouth for the snowman with the melted chocolate.
5. With the orange Tic Tac, press it into the top marshmallow for his carrot nose.
6. Using the rest of your candy, decorate your snowman however you want!

Orange Cream Snowflake Dream Smoothie

What You Need:

- 1 can of mandarin oranges
- 1/2 cup frozen pineapple chunks
- 1/2 cup vanilla yogurt
- 1 tablespoon of honey
- 1 cup milk
- 1/2 cup ice
- Blender

Instructions:

1. Drain mandarin oranges. Place the oranges in a plastic bag and freeze them for a few hours.
2. Pour all the ingredients into a blender
3. Blend till the mixture is of a smoothie consistency. Enjoy your Orange Cream Snowflake Dream Smoothie!

Dr. Seuss Quotes:

- Today you are you, that is truer than true. There is no one alive who is youer than you.
- Don't cry because it's over. Smile because it happened.
- Sometimes the questions are complicated and the answers are simple.
- The more that you read, the more things you will know. The more that you learn, the more places you'll go.
- Today was good. Today was fun. Tomorrow is another one.
- Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.
- From there to here, and here to there, funny things are everywhere.
- Just tell yourself, Duckie, you're really quite lucky!
- I like nonsense; it wakes up the brain cells.
- You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose.
- Think left and think right and think low and think high. Oh, the thinks you can think up if only you try.
- Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.
- A person's a person no matter how small.

References

<http://inspirelifeq.blogspot.com/2011/03/dr-seuss-quotes.html>

<http://www.jumpstart.com/common/winter-themed-recipes>

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