

Surviving the Holidays



The holidays can be a challenging time for parents. Kids can get bored and become demanding or start fighting with us or their siblings.

Here are some simple ideas to help keep your sanity:

❖ **Get outside**

This could be just going to the local park to kick a ball, going for a walk or playing with the hose in the yard.

❖ **Involve your kids in planning holiday activities**

Set some rules, such as ideas need to be free or cheap. Have some ideas ready to go in case they don't have any ideas.

❖ **Make use of routine tasks**

Involve them in activities that you need to do anyway, such as cooking, washing the car or gardening.

❖ **See other people**

Whether it's family or friends, having other people around can give everyone a break from each other.

❖ **Have down time**

Kids are usually exhausted after a year of school. They will need time during the holidays to rest.

❖ **Sleep is still important**

Routine often goes out the window during the holidays, but remember, without enough sleep kids will struggle to cope with every day frustrations.

❖ **Check out local services for free or cheap child-friendly activities**

Library - <https://library.lakemac.com.au>

Newcastle Museum - <http://www.newcastlemuseum.com.au>

Lake Macquarie City Council - <https://www.lakemac.com.au/recreation/whats-on/school-holidays>

National Parks - <https://www.nationalparks.nsw.gov.au/>