

Mental Health Tips/Resources for Children and Families During the Holidays

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This holiday season may look very different for many people this year. Typically, the last few months of the year are full of parties and visiting family and friends. However, this year due to the coronavirus pandemic, things like traveling and getting together in large groups may not be possible. This change can be hard to handle and many parents may be wondering how they can best help their families cope with tough feelings, stress and loss of control on top of disappointment.

Below are a few tips and suggestions to help you, your children and family cope, while still enjoying the holidays:

- Focus on quality family time, without emphasizing the details.
- Create new traditions that follow health and safety guidelines.
- Teach your child to build resilience by helping them overcome disappointment.
- Ask your child how they are feeling, listen and give them choices on positive social activities that honor the holiday season in a socially distanced way.
- Practice gratitude and emphasize what's going well.

Seek professional help if a child is struggling for more than two weeks (lack of sleep, change in eating, displays of aggression, anxiety or withdrawn):

Let this information help you find hope, peace, joy and the sense of renewal that a traditional holiday season brings.

Call 2-1-1- Helpline in Miami-Dade County

National 24-Hour Crisis Support

Call: 1-800-784-2433

Text: HELLO to 741741

Resources/Articles;

<https://mhanational.org/preparing-holidays-during-covid-19>

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Keeping-the-holidays-happy.aspx>

<https://www.usatoday.com/story/news/health/2020/11/09/how-to-cope-with-extra-stress-during-2020-holiday-season/6227223002/>

<https://www.psychologytoday.com/us/blog/the-modern-child/202011/helping-children-cope-covid-during-the-holidays>