

It has been a stressful year. (And that was the understatement of the year 2020!)

Though we cannot control the 'Big Picture' (the Pandemic, the Economy, the Lockdown tiers) we can take comfort in small wins and happy moments at home. But whether you are refereeing sibling squabbles, weathering a toddler tantrum, trying to resolve disagreements with partners or just trying to find some down-time, it can feel easier said than done.

Why are holidays so fraught? Because expectations are heightened, and holidays can feel like a test of how happy and successful your family is. Even favourite traditions can turn into a test of stamina and patience. Lets try some tips to help minimise stress and make the holidays fulfilling.

### Be open to change

Talk to your children about what you can and can't manage this year and what is and is not allowed or safe to do so. Discuss how new traditions can be just as memorable and the children can be a part of making these memories.

### Be realistic

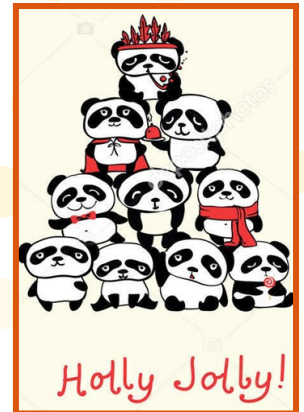
Factoring in families limitations when you make plans will reduce stress on everyone. Children who tend to be impulsive will need structure to minimise disruptive behaviour. Not overestimating your children's patience and ability to focus will help you enjoy yourself more too.

### Prep for changes in routine

Holidays represent a change in a family's normal schedule, and for some kids that's unsettling. Covid-restrictions have made some events and routines change even more. Preparing them for changes in their routines — what to expect and what you expect of them—will help head off meltdowns. If you're traveling, bring familiar toys and books, and make sure you have quiet one-on-one time like reading before bed.

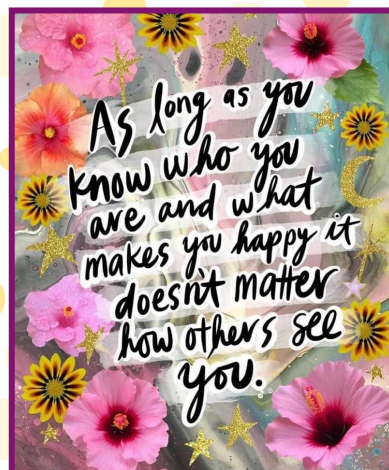
### Be sure to laugh

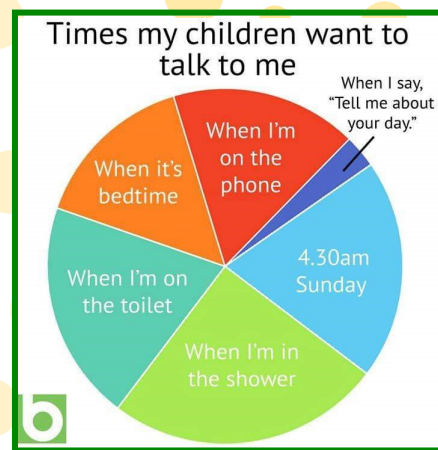
Children pick up their parents' stress and tension, so they're more likely to be irritable if you are. Have a sense of humour, enjoy your kids for who they are, and keep in mind that what you'll all remember when it's over is likely to be the unexpected moment when everybody was relaxed, not the brilliantly choreographed party, dinner, or outing. Enjoy the smaller get togethers and treasured memory-making of a year we shall never forget.



#### THINGS YOU CAN CONTROL

- YOUR BEING
- YOUR BELIEFS
- YOUR ATTITUDE
- YOUR THOUGHTS
- YOUR PERSPECTIVE
- YOUR BEING CHOICE
- HOW HONEST YOU ARE
- WHAT BOOKS YOU READ
- HOW OFTEN YOU EXERCISE
- HOW YOU TREAT YOURSELF
- HOW MANY RISKS YOU TAKE
- THE TYPE OF FOOD YOU EAT
- HOW KIND YOU ARE TO OTHERS
- HOW YOU INTERPRET SITUATIONS
- HOW YOU EXPRESS YOUR THOUGHTS
- WHETHER OR NOT YOU ASK FOR HELP
- HOW MANY TIMES YOU SMILE TODAY
- WHO YOU ASSOCIATE YOURSELF WITH
- WHAT YOU DO WITH YOUR SPARE TIME
- HOW YOU SPEND/INVEST YOUR MONEY
- HOW OFTEN YOU SAY I LOVE YOU
- HOW MUCH TIME YOU WASTE WORRYING
- THE AMOUNT OF EFFORT YOU PUT FORTH
- HOW OFTEN YOU THINK ABOUT YOUR PAST
- WHETHER OR NOT YOU JUDGE OTHER PEOPLE
- HOW OFTEN YOU GIVE TIME TO APPRECIATE LIFE
- WHETHER OR NOT YOU TRY AGAIN AFTER A SETBACK

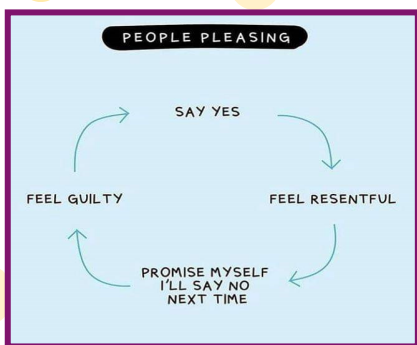




Things children need from their parents
Talk with me - I love to chat with you, having conversations is very important.
Love me - You can never show me too much love.
Show Me - I learn by watching what you do.
Accept who I am - Don't compare me to other children, support and nurture who I am.
Lets eat together - Spending tea time together is important, being alone at meal times is lonely.
Encourage me - I can not be encouraged too much, it motivates me that someone believes in me.
Let me hear positive conversations - Talk positively about others and show empathy. This is how I will learn to do this myself.

### CHRISTMAS RULES:

1. Don't go into debt trying to show people how much you love them.
2. Don't go visit your family if it compromises your mental health.
3. If someone comments on your weight... eat them.



*I don't remember what I had for Christmas when I was one, two, six, or eight*

I DO REMEMBER MY GRANDADS ROAST POTATOES AND MY NANNAS TABLE CLOTH.  
I REMEMBER US SQUISHING AROUND A TABLE AND IT FEELING MAGICAL.  
I REMEMBER THE MAGIC OF THE TIN OF CHOCOLATES BEING PASSED AROUND.  
I REMEMBER PLAYING GAMES WITH FAMILY.  
I REMEMBER WALKING UP A COLD, FROSTY PATH AND FEELING WARM INSIDE.  
I REMEMBER THE SMELL OF MY GRANDADS COLOGNE.

*It's the memories that make the magic last a lifetime not the gifts!*

### Affirmations for self-forgiveness

"Today I choose not to be hard on myself."  
"It's okay to make mistakes and I forgive myself."  
"From my mistakes I am learning to grow."  
"I accept myself and all aspects of who I am."



Mindfulness may be needed to calm the Madness that is the Christmas Holidays

## Tools to help young people work on mindfulness, meditation, stress reduction, awareness and self-esteem.

### Stop,BreatheAndThinkKids (4+) £: Free

Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged.

### BeeZone (4+) £: Free

This App provides a variety of tools to enable you to take a break from a racing, stressful mind and come back to calmness and focus. It can be used by anyone at anytime to Stop – Relax – Experience – Re-Empower. Includes Daily Challenge, Virtuescope, Mood Clinic, Mind Gym, Mind Lab, and Mind Spa.

### Calm (4+) £: Free

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule

### AntiStressBall (4+) £: Free

Choose from an antistress ball, jelly ball or full screen of slime, customize it and do whatever you want! Tap, pinch and drag your finger across the screen as if it was a real antistress toy.

## Christmas Arts and Crafts



Turn Gingerbread Men upside down and decorate to make a Reindeer!



### FREE PRINTABLE CHRISTMAS scavenger hunt

WWW.PLAYPARTYPLAN.COM

MERRY MERRY CHRISTMAS, THIS IS GOING TO BE SO MUCH FUN! FOLLOW WHERE THE CLUES LEAD YOU, TO A GIFT WHEN IT'S ALL DONE! GO TO WHERE YOU BAKE COOKIES, IS YOUR CLUE NUMBER ONE!

CHRISTMAS COOKIES ARE THE BEST DON'T YOU THINK SO TOO? YOUR NEXT CLUE CAN BE FOUND WHERE YOU MIGHT LEAVE A SHOE.

SOME PEOPLE THINK ON DECEMBER 6TH ST. NICK FILLS SHOES WITH TREATS. FIND YOUR NEXT CLUE WHERE YOU MIGHT FIND FROZEN EATS.

DO YOU WANT TO BUILD A SNOWMAN OR JUST KEEP SEARCHING FOR CLUES? NOW GO WHERE YOU MIGHT WASH YOUR HANDS AFTER ANY ACHOOS.

NOW YOUR HANDS ARE ALL READY FOR SOME REAL CHRISTMAS FUN, YOUR NEXT CLUE IS HIDDEN WHERE YOU REST WHEN THE DAY IS DONE.

A SILENT NIGHT OF SLEEP IS GREAT ESPECIALLY ON CHRISTMAS EVE. YOU'RE HALFWAY THERE, NOW IT'S TIME TO LOOK WHERE PEOPLE LEAVE.



A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone.

Mandy Hale



### How do YOU handle conflict?



Mouse

- Ignore
- Hide feelings
- Whine
- Fake Cry
- Give in
- Tattle
- Roll Eyes
- Gossip/Tell Secrets
- Avoid



Monster

- Yell
- Hit
- Threaten
- Fight
- Deny/ Lousy
- Slump Around
- Slam Doors
- Loud/Pat Down
- Break Things



Me

- Apologize
- Report
- Compromise
- Talk it Out
- Find a Win/Win
- Listen
- Use Manners
- I Massage
- Be Assertive



What to do with ALL the children's artwork?  
Make a 'Piece of Art!! Great pressie too!

### THINGS to be HAPPY about



### CALM the CHAOS™

What's Hiding Behind the "Misbehaviors"  
Common Behaviors and What's Really Going On

#### WHAT "MISBEHAVIOR" YOU SEE

#### WHAT IS REALLY GOING ON

- SENSITIVE**
- Cries over smallest things
  - Gets sad when you leave
  - Doesn't like being alone
  - Can't watch super sad movies

- Child lacks self-regulation
- Child is worried about "new" things and need help gradually being introduced to them
- Child has an inner fear they are unable to verbalize

- ANGRY**
- Yells and screams often
  - Throws things and is destructive
  - Crosses arms and shuts down
  - Shouts "I HATE YOU" or "GO AWAY"

- Child does not have appropriate coping strategies
- Child needs help with calming strategies
- Child is worried about "unknown" feelings

- PERFECTIONIST**
- Nervous about breaking rules
  - Can't handle getting things wrong
  - Doesn't ever want to miss school
  - Scared of answering things wrong
  - Struggles with Constructive Criticism

- Child is struggling with negative thought patterns
- Child needs help connecting thoughts and actions
- Child has trouble verbalizing their worries
- Child thrives on doing things the right way

- SHY**
- Hides behind your legs
  - Scared of "new" people
  - Fearful of change
  - Doesn't like going new places
  - Prefers playing with "familiar" friends

- Child is unable to verbalize big worries and fears
- Child is cautious of anything new and want to understand the situation fully
- Child needs help making plans for "new"

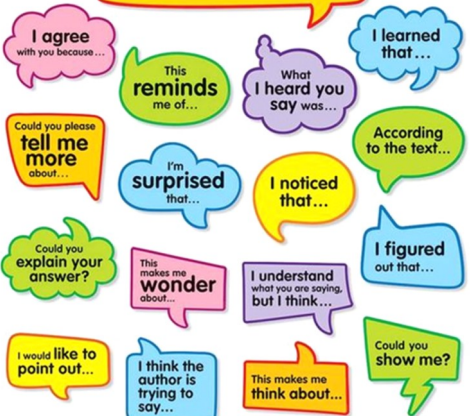
- OVER-EXCITED**
- Becomes "hyper" when guests come over
  - Says inappropriate things around others
  - Makes jokes at inappropriate times
  - Jumps on furniture
  - Plays rough with others

- Child is unable to detect their inner "engine"
- Child needs help regulating their excitement
- Child lacks calming strategies for building anticipation



It's official! Scotland makes history as first country in the world to provide free period products for all

### Let's Talk



If you look hard enough you might just see the toddler in your teen. Maybe it's the way they watch a scary movie with their mouth slightly open, the way they brush their hair away from their face, how they have to wear their favorite fuzzy socks on a cold winter night or how, even now, they sleep with one hand tucked under their chin the way they did when they were little.

Our kids might not be little any more, but the toddler in them lies just below the surface.



### Ten Things NOT To Stop Doing Just Because They Are Teenagers:

1. Showing Physical Affection
2. Family Meals
3. Tucking Them In At Night
4. Telling Them "No"
5. Family Vacations
6. Movie Nights
7. Starting New Traditions
8. Forgiving Them
9. Letting Them Play
10. Saying "I Love You"



## Coronavirus translations

To reach as many residents as possible, a webpage has been set up with coronavirus information in different languages and signposting to national resources. An easy-access version of the national coronavirus test and isolate messages has been created along with resources for practitioners to use, such as a downloadable infographic. The information is currently available in seven languages, in addition to English: Bengali, Hindi, Nepali, Polish, Punjabi, Urdu and Konkani.



See [www.reading.gov.uk/coronavirustranslations](http://www.reading.gov.uk/coronavirustranslations).

**Christmas Covid rules 2020**

Rules apply across all four UK nations



Restrictions remain in place for pubs, restaurants and other hospitality businesses throughout Christmas



Free to travel in and out of other areas of UK freely between 23 and 27 December



















Up to 3 households can join up to form a 'bubble'



A 'bubble' can meet in homes, places of worship and outdoor spaces

Happiness is the new rich.  
Kindness is the new cool.  
Health is the new wealth.  
Inner peace is the new success.

-  ... TO ANYONE MISSING THEIR FAMILY TODAY
-  ... TO THOSE STAYING HOME AND FEELING LONELY
-  ... TO PEOPLE WHO HAVE DIFFICULT HOME DYNAMICS
-  ... TO THOSE WHO LOST A FAMILY MEMBER RECENTLY
-  ... TO ANYONE REMINISCING ABOUT PAST HOLIDAYS
-  ... TO THOSE WHO FEEL AT ODDS WITH LOVED ONES
-  ... TO PEOPLE WHO FEEL ANXIOUS ABOUT TODAY
-  ... TO THOSE CHALLENGED BY THOSE AROUND THEM
-  ... TO PEOPLE WHO ARE DOING THE BEST THEY CAN
-  ... TO ANYONE OVERWHELMED BY THE HOLIDAY SEASON
-  ... TO THOSE WHO'S MISSING THEIR TRADITIONS
-  ... TO PEOPLE BRAVELY HAVING TOUGH CONVERSATIONS
-  ... TO THOSE SHOWING LOVE BY KEEPING THEIR DISTANCE
-  ... TO ANYONE LONGING FOR THE DAY TO BE OVER
-  ... TO PEOPLE DOING THEIR BEST TO KEEP THE PEACE
-  ... TO ANYONE WHO NEEDS A LITTLE EXTRA LOVE TODAY

I would like to thank you for all your support and fabulous feedback about the BB4K Positive Newsletters.

I am thrilled they are being read by so many and helping you as much as they have over the last nine months.

Take Care,  
Panda x

<https://www.pactcharity.org/bounce-back-4-kids>



T'was a week before Christmas, and all through the town,  
People wore masks, that covered their frown.  
The frown had begun way back in the Spring,  
When a global pandemic changed everything.

They called it corona, but unlike the beer,  
It didn't bring good times, it didn't bring cheer.  
Contagious and deadly, this virus spread fast,  
Like a wildfire that starts when fueled by gas.

Airplanes were grounded, travel was banned.  
Borders were closed across air, sea and land.  
As the world entered lockdown to flatten the curve,  
The economy halted and folk lost their verve.

From March to July we rode the first wave,  
People stayed home, they tried to behave.  
When summer emerged the lockdown was lifted.  
But away from caution, many folks drifted.

Now it's December and cases are spiking,  
Wave two has arrived, much to our disliking.  
Frontline workers, Doctors and nurses,  
Try to save people from riding in hearses.

This virus is awful. This COVID-19.  
But there may be a cure. There will be a vaccine.  
It's true that this year has had sadness a plenty,  
We'll never forget the year 2020.

And just 'round the corner - the holiday season,  
But why be merry? Is there even one reason?  
To decorate the house and put up the tree,  
When no one will see it, No-one but me.

The children's smiles grow, the sparkling magic calls,  
And I think to myself, Let's deck the halls!  
So, I gather the ribbon, the garland and bows,  
As I play those old carols, my happiness grows.

Christmas is not cancelled and neither is hope.  
If we lean on each other, I know we will cope!