



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

**December 15, 2020**

*We know life may be challenging right now and we want you to know your Henry Ford pediatrician is still here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletters is yours to use when it is helpful to you and yours to disregard when it is not. We hope you and your family are staying safe during this pandemic.*

*Happy Holidays*

**to you and your family, both near and far!**

**Parent Connection is off for the holidays! We will return January 12, 2021.**

## **Holiday Crafts**

This year, it can be a little difficult to keep the holiday spirit alive. Many events are canceled, people are staying home to limit the spread of COVID and seeing family and friends isn't as safe or easy as usual. One way to keep kids in a festive mood is to make [holiday crafts](#). Whether they're [easy](#) for kids (and the craft-challenged!) or a little more [complex](#) for the DIY expert, holiday crafts are a great way to boost spirits and household décor. You can also mail or deliver homemade crafts to the porches of loved ones to help them stay in the holiday mood too.

## **Holiday Baking with Kids**

Holiday baking can be a great tradition with kids of any age. Baked goods can be fun to eat or give as gifts. Due to more time spent at home, this could be a great year to try a new recipe. This [list of holiday treats](#) has a little something for everyone. Adding [a fun twist to your holiday baking](#) could also be a great way to bring some excitement into the holiday season. If you are looking to go the more traditional route, [cookie decorating](#) can be a creative way to bring some holiday joy.

## **Holiday Stress Relief**

The [holiday season can be stressful](#) under normal circumstances. During a pandemic, this season can be even more stressful. There are many ways to reduce stress during the holidays. Things like meditation and [relaxation activities can even be done as a family](#). Trying something new, [like yoga](#), can also help to reduce stress. Mindfulness or breathing exercises can bring stress levels down by focusing on what is happening "right now" in the body and mind. [Breathing exercises](#) can be adopted by kids of all ages.

## **Virtual Holiday Party Ideas**

One way to still gather with family and friends this holiday season, while keeping everyone safe, is to host a virtual holiday party. Pick your favorite video-chatting platform (Zoom, FaceTime, etc.), [send a festive invite](#) to everyone you love and get ready to have a good time! You can have a group movie viewing of a holiday classic with an app like [Teleparty](#). It synchronizes playback for everyone and has a group chat function. Make it even more festive by agreeing to matching pajamas or have everyone wear an ugly holiday sweater. You can even have everyone [make their own ugly sweaters at home](#). Set aside

time during the party for your older family members to read a holiday story to the kids and have the kids sing some carols to them. Or have everyone join in for a good old-fashioned family sing-along!

If you're a competitive family, there are [tons of games](#) you can play virtually. You can use an app like [Houseparty](#) or play classics like [charades](#) or [Pictionary](#). You can also have everyone pick up a gingerbread house and do a speed decorating contest. Or, make a contest out of those homemade sweaters! Organize a family talent show where everyone gets 5 minutes to showcase their best talents. If your family loves to exchange gifts, do a Secret Santa via an app like [Elfster](#). It allows you to set a monetary limit, create a wish list, assigns the secret partners and you can ship gifts straight to the recipient. There are so many things possible with a little creativity. While the holidays are going to look different this year, there's no reason you can't still have a good time and celebrate with those you love.

### **Giving During COVID-19**

While the term "Giving Tuesday" is reserved for the Tuesday after Thanksgiving, lots of people like to continue giving what they can to those in needs throughout the holiday season. Deciding how or what cause to give to in a holiday season that is also plagued by a pandemic can be difficult. [Here](#) are a few causes and organizations that can use your time and donations during these trying times. In addition to these causes, [here](#) are 5 ways to consider giving back during this holiday season.

### **Pandemic Holiday Traditions**

Traditions often evolve over time. Sometimes they are purposeful, like an annual trip to Santa. Sometimes they just happen, like that dessert you made once that became a must-have. COVID-19 is making traditional get togethers difficult, but that doesn't mean we can't still enjoy holiday traditions. While [making the most of existing traditions](#), consider adding some [new ones](#). If you would normally travel, take a [virtual vacation](#) from your couch. No matter how you celebrate this year, remember that you are not alone. Families all over the world are navigating pandemic holidays.

### **Positive New Year's Resolutions**

Many people use the new year for self-reflection and self-improvement. You may be looking to create some [positive resolutions](#) for 2021. Consider adding some [stress relief](#) into your day. Maybe add some [family jokes](#) to your day. Setting [family resolutions](#) is a great way to get everyone involved. If your children are interested in creating their own resolutions, here are some ways [you can help them succeed](#). Whatever you choose to do, we hope you stay happy and safe in the new year.

### **Foster Youth and the Holidays**

The holiday season can be a heavy time for many people. As we reminisce about family traditions that may have to be changed this year due to COVID-19 or family members who may have passed away, the time that is traditionally known for its joy and happiness can become colored by sadness. Youth who are in foster care can have an especially [difficult time](#). As always, foster parents should remain vigilant of any changes in behavior and be willing to accept and address feelings that may arise. This list of [do's and don'ts](#) provides some insight on things to look out for and how to approach the holiday season with your foster child(ren). Making sure they feel safe, loved, and included remains at the top of the list, as it does for all times of the year.

### **Has your child's behavior changed?**

Have you noticed any changes in your child's behavior or emotions since the pandemic started? If you have any concerns or questions, please call (313) 451-0720. This is a Google Voice phone number that will call our Henry Ford coordinator who can help to connect you with a behavioral therapist for children.

*Are there other topics you are interested in and would like to learn more about?  
If yes, please e-mail us at [ParentConnection@hfhs.org](mailto:ParentConnection@hfhs.org) or to unsubscribe.*