# Helping Kids beat the Holiday Blues

<table>
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<th>Age Range</th>
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| 0-3       | **Focus on quality time - don’t worry about the details.**  
  - Children this age won’t have detailed memories of past holidays and will not recall the events of this year in the future.  
  - It’s okay to keep things very simple in terms of celebrations and explanations.  
  - All children benefit from having quiet down time to feel love and attention from parents. With social distancing and quarantine measures in place, this is the perfect season to indulge kids with affection. |
| 4-6       | **Create new, quarantine-approved holiday traditions.**  
  - Establish traditions within your immediate circle: make holiday decorations, make a homemade gift, cook a special meal.  
  - Instead of in-person visits with friends, family, or even Santa, consider fun ways to have a video interaction, write letters, or make cards.  
  - Don’t punish children for having a negative reaction to holiday changes this year. Remind them that it’s okay to feel sad, disappointed, or angry.  
  - Find the positive and teach positive self-talk. For example, “Since we don’t have to travel, we get extra time to relax and play at home.” |
| 6-12      | **Help your child cope with holiday blues and build resilience.**  
  - At this age, children understand the precautions that need to be taken due to COVID-19. Validate their feelings of disappointment and sadness about changes to their holiday traditions: "It’s normal and OK to feel angry, frustrated, or sad."  
  - Remember that helping children overcome disappointment helps them build resiliency.  
  - Ask them for their ideas about how to make the holiday special.  
  - Teach fun relaxation strategies – try yoga for the first time, or practice slowly breathing in and out the scent of a favorite treat, lotion, or candle. |
| 13-18     | **Ask, listen and encourage COVID-safe holiday activities.**  
  - Ask teens how they are feeling. Let them know you are there if they need to talk.  
  - Listen! Often, teens just want someone to listen and not solve the problem for them.  
  - Offer perspective on the situation by looking at the big picture.  
  - Allow them a sense of control by giving them choices – maybe to have a friend over on a different day to celebrate the holiday, or allow them to plan a special activity.  
  - Encourage positive social activities to honor the holiday season, such as how to volunteer in a socially distanced way. |