



Holidays - What A Great Time!

“TIME” A Friend or Foe?

“Time is the *only* strictly limited resource we have. We can borrow money, rent space, and buy equipment, but everyone is gifted with only 24 hours each day. Through all the devices and techniques known today there is no way to get more hours in a day. It is up to each of us to make the very best use of every minute in each day since it will not pass our way again.”

C.W. Lifer

Each year you tell yourself that this year the holidays will be different: “I will have presents bought and wrapped early.” “I will not stay up past midnight to finish my holiday baking.” “I will not overeat, overspend, and become so overtired that the holidays pass by in a blur of activity.” Yeah, right!

So, how do you successfully juggle the holiday preparations with a schedule that’s already overloaded?

Before your head begins to swim with the details of what you want to do, take a few minutes to develop a holiday action plan. Set aside days on your December calendar for shopping, baking, gift wrapping, and family time.

Here are some tips to help make the holidays more manageable.

Coping Tips For The Holiday

- Concentrate on people instead of objects during the holidays. Having fun making cookies is more important than beautiful cookies. It’s the time you spend together that children remember, not how nice the decorations look.
- Schedule activities over several days so all the excitement doesn’t get overwhelming for everyone.
- Do not expect children to be happy and appreciative all of the time. They may feel upset by the changes in routine or the stress and frustration of their parents.
- Remember the needs of your children remain the same regardless of the holiday. Try to keep routines as close to normal as possible.
- Involve other family members in holiday preparations.



Keeping Up With The Kids

Quick tips for keeping the kids busy during the holidays

Little hands love to be a part of the festive activities. Here are a few ideas that you and your child may want to try.

String popcorn & cranberries for tree decorations. (Easier for older children to do as popcorn tends to crumble.) Younger children can string Cheerios and cranberries to hang outside for the birds to eat. (Use blunt-ended yarn needles.)

Polystyrene garland. Make a garland of white polystyrene foam packing squiggles. Watch that children do not put these in their mouths. Polystyrene foam is not edible. (Hint: Dip the end of the string or yarn in melted paraffin to make a “needle” which will be stiff and yet bend. Masking tape could also be used to tape the end of the yarn.)

Modeling clay homemade recipe:

1 c. flour
 1/2 c. salt
 2 tsp. cream of tartar
 1 c. water
 1 Tbsp. oil
 1 tsp. food coloring (red or green for holidays)

Combine flour, salt and cream of tartar in pan (preferably nonstick). Mix liquids and gradually stir them into dry ingredients. When mixture is smooth, cook over medium heat, stirring constantly until dough leaves sides of pan and forms a ball. Remove from heat and knead until smooth. This is a pliable and long-lasting play dough. Store in an airtight container or plastic bag. Children can use this with holiday cookie cutters.

Happy Holidays

-
- Sources:** Joyce Murphy, Early Childhood Educator
 Melinda Hill, Extension Agent, Family & Consumer Sciences
 Dear Ones Care, OSU Extension, Galinsky, E. & David, J. (1988). *The Preschool Years: Family Strategies That Work*
- Author:** Rose Fisher Merkwowitz, Extension Agent—Family and Consumer Sciences/Community Development, Highland County
- Edited By:** Elaine Collins, Extension Agent—Family and Consumer Sciences/Community Development, Adams County
 Kathy L. Jelley, Extension Agent—Family and Consumer Sciences, Brown County
 Carol Ford Arkin, Extension Specialist—Family Life, Ohio State University

All educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, gender, age, disability or Vietnam-era veteran status.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Keith L. Smith, Director, Ohio State University Extension.

TDD # 1 (800) 589-8292 (Ohio only) or (614) 292-1868

11/97—200—des