

# Making Memories

Putting Enjoyment  
at the Top of Your List



MERRILL PALMER  
SKILLMAN INSTITUTE  
**100 YEARS**  
*for Child & Family  
Development*




**Beverly Weathington, LMSW**  
Healthier Urban Families  
Outreach Program

## *Creating Holidays to Remember*



Plan to  
Focus on:

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- Giving as well as receiving
  - Doing what your family enjoys
  - Starting fun, predictable traditions
  - Making planning a family affair

# Gratitude

## Reflect on

- What has gone well this year
- The obstacles that you have dealt with
- Kindness that others have shown you
- Kindness that has been shown to you and your family
- Make gratitude list with your children



# Involve Children in the Planning

- Help them make ornaments to give and keep
- Get their input on guest lists
- Ask what they would like to see on menu
- Decorate together





# Creating Memories in the Kitchen

- Let kids plan the menu
- Use food coloring to transform common food
- Prepare and talk about a food that you loved during the holidays as a child
- Help your child to create a special signature family cookie recipe or dish



# Creating Memories through Books



- Borrow or purchase a few holiday books
- Use socks to make a few of your favorite characters
- Take turns acting out the best parts
- Give books as gifts

# Creating Memories – Movie Night



- Make a list of holiday movies with input from children
- Agree to watch movies together
- Make fun movie snacks with your kids
- Have an Oscar night where kids act out favorite movies



# Creating Memories Through Music

- Schedule a Facetime or Duo holiday sing-along with extended family
- Make musical instruments from household items
- Have a talent show where everyone wins
- Start a family band complete with costumes







## Creating Memories- Outdoors

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- Walk or ride to see Christmas lights
- Make a snowman or snow angels
- Go for walk and have hot chocolate when you return
- Squirt food coloring in the snow to make rainbows
- Go sledding or ice skating

# Creating Memories – Through Laughter



- Have a silly movie marathon
- Make up songs with your kid's names in it
- Play a family game of twister
- Record yourselves making funny faces and noises
- Make a fort and have indoor picnic

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