

Creating Safe and Happy Memories

Home for the Holidays



Healthier Urban Families
Outreach Program
Beverly Weathington, LMSW



2020 - A Challenging Year for Many Families

Uncertainties

- Health
- Employment
- Virtual Learning
- Essential Workers



Let's Shift Holiday Focus From

Gifts

Large Family
Gatherings

Shift Focus to Appreciation

Plan To:

- Focus on gratitude
- Create happy memories
- Reach out to extended family in safe ways

Gratitude

Reflect on:

- What has gone well this year
- The obstacles that you have dealt with
- Kindness that others have shown you
- The people who you care about
- See gratitude game in this newsletter





Creating Memories in the Kitchen

- Let kids plan a menu for a day
- Use food coloring to transform common food
- Prepare and talk about a food that you loved during the holidays as a child
- Help your kids decorate gingerbread house or cookies

Creating Memories – Movie Night

01

Make a list of movies with input from children

02

Agree to watch movies together

03

Make fun movie snacks with your kids

04

Have an Oscar night where kids act out favorite movies



Creating Memories through Books

- Have each of your children pick their favorite book
- Child tells or reads you a bedtime story
- Along with your child, act out your favorite parts
- Help your child draw or write a book about your family
- See list of books by Black authors in this newsletter

Creating Memories Through Music

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



Creating Memories- Outdoors

- Walk or ride to see Christmas lights
- Make a snowman or snow angels
- Go for walk and have hot chocolate when you return
- Take the kids sledding



Creating Memories – Through Laughter



- Watch a silly movie together
- Do tongue twisters
- Make props like moustaches and glasses to take selfies with kids
- Play with silly string

Safely Reaching Out to Family

- Make holiday cards with your children for extended family
- Help your child write a letter describing fun time with family member
- Cook a family member's favorite dish and leave on their porch
- Drop off craft package to family members for a virtual project





Creating Memories – Celebrate the New Year

Give thanks – you made it!

- Call or text those who have supported you
- Make homemade party hats and noise makers
- Include children in making family resolution



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