# 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 – 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

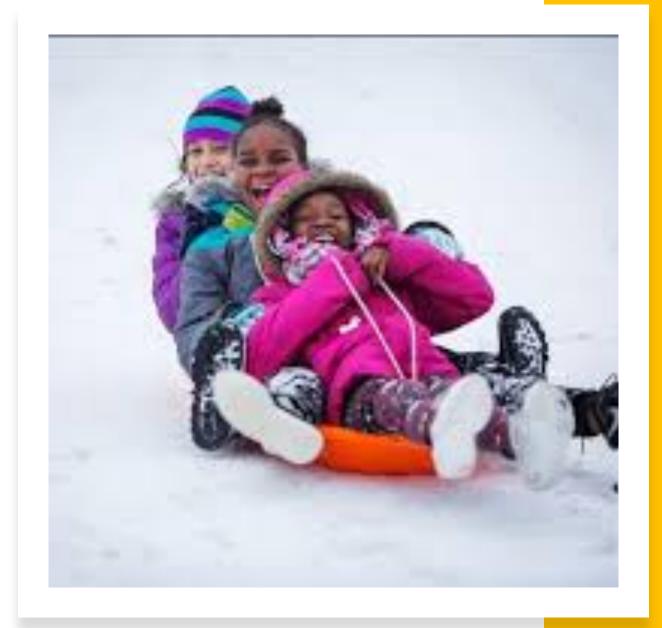
### Creating Memories Through Music

- 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



# Creating Safe and Happy Memories

Home for the Holidays



Healthier Urban Families
Outreach Program
Beverly Weathington, LMSW

