



MERRILL PALMER  
SKILLMAN INSTITUTE

100 YEARS

*for Child & Family  
Development*

# Thankful and Safe

## Celebrating the Holidays During Covid 19

[www.mpsi.wayne.edu](http://www.mpsi.wayne.edu)

Healthier Urban Families Outreach Program

**Beverly Weathington, LMSW**



# Holidays are not Time Out's from Pandemic

- Covid 19 is still here
- Record breaking number of cases
- Colder weather limits gathering options
- Some populations more at risk



# Pandemic Fatigue

It has gone on a long time

We have made so many sacrifices


We all want to go back to normal

It's hard to think of limited family time  
during the holidays

- Think of how you've always celebrated
- Think of the adjustments that need to be made for everyone to be as safe as possible and celebrate
- What will you say to communicate those changes to family and friends
- How will you address the concerns of those who are not open to change
- How will you maintain a sense of family togetherness when being in the same space is not possible



# Holiday Planning



Limit to those  
who live in the  
same household

Virtual meals with  
those outside of  
your household

Drop off meals to  
those outside of  
your household

## Safest Holiday Celebration

# If You've Chosen to Have Guests

- Guests who are not showing any Covid-like symptoms
- Guests who have not been recently exposed
- Guests who wear masks and practice social distancing
- Guests who do not have risk factors that make them especially vulnerable to Covid
- Guests who live locally



# If You're Having Guests – Space Considerations

Space that allows social distancing

Good ventilation

Special attention to shared spaces – bathroom, kitchen

# Special Attention to Food: Limit Number of People


- Bringing food from different households
- In the food area at the same time
- Serving the food
- Touching serving utensils







# Absolutely Require

- 
- Everyone wash hands
  - No hugging, kissing, or handshakes
  - Masks required when social distancing not possible
  - Everyone abides by your conditions for staying safe
  - Contact information for everyone attending

Remember  
that  
Thanksgiving  
is so Much  
More than a  
Meal

- Showing care for the vulnerable – especially seniors
- Reaching out to the lonely – video chats, phone calls, cards
- Giving to less fortunate – food and clothing drives
- Being Thankful





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