



PARENT GUIDE

HOLIDAY WISHES STUDENT TAKEAWAYS:

- The holidays can cause children to focus solely on themselves and what THEY have.
- A shift in PERSPECTIVE can help children to find joy in focusing on others and how we can help THEM. THAT produces a happy holiday!
- The holidays, and social media in particular, can cause our children to compare themselves and their holiday experience to others- leaving them feeling unhappy or unsatisfied with their holiday.
- Being happy for others and taking time to be GRATEFUL for whatever you have is a great way to make you feel happy during the holidays.
- Offering people your time can be better than offering them gifts.

WHAT TO DO AT HOME

- Encourage your child to recognize things they can be grateful for.
- Help them to look for opportunities to help others.
- Allow your child time to reflect about what they CAN offer others.
- Take time in at home to have them journal or write cards.

FOR PARENT GROWTH

- Read more about [The Theory of Social Comparison](#).
- Take time to make a list of what you're grateful for.
- Donate your time to help others during the holiday season.
- Take a timeout from social media during a holiday break.