

Dear Counselling Corner:

Last year you ran a column about how to get our kids involved with Christmas preparations and celebrations. Just like last year, especially now with the cooler weather, we are wanting to focus on Christmas early. Will you share ways about what kids can DO to get involved with Christmas? Thanks!

Festive Family

Dear Family:

Good for you! Focusing on Christmas a bit earlier than usual, may be a great way to keep our spirits up and for many people, Christmas can bring us happy memories and feelings from our childhood. Psychoanalyst Steve McKeown says, "Decorations are simply an anchor or pathway to those old childhood magical emotions of excitement. So, putting up those Christmas decorations early extends the excitement!" Another bonus of putting up decorations could be that it will make others feel happy too. So set up your tree and decorate early and be a trendsetter!

Involving your kids in making and putting up decorations can also be exciting and a valuable way to connect and get into the holiday spirit. Here are some great links for getting your kids involved in Christmas activities:

<https://www.tasteofhome.com/collection/ways-to-celebrate-christmas-this-year/>

<https://www.oprahdaily.com/life/g34454588/christmas-activities/>

<https://www.minted.com/lp/christmas-activities>

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca and I will provide you with more detailed information and permission forms.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor