

Relieve the Pressure Prompts

Week 3 – Managing Children's Expectations Around Christmas

Conversation prompts: Nov 28th- Dec 4th

Children may once again be wondering how this Christmas will play out, and how it may look in comparison to their friends. Here are some questions to consider how you can reassure your children and manage their expectations;

1. What is our budget for Christmas gifts for the children? How can we stick to this?
2. What is our 'message' about Santa?
3. Christmas can be an emotional time, how we can we spot our own triggers and support one another?
4. What are our priorities this Christmas, what makes Christmas magical in our home?
5. How can we manage potential disappointment or tricky conversations? Are we prepared?



Top Tips To Relieve The Pressure This Week

1. A Christmas calendar can include 'special days/trips/santa visits' planned ahead of time and with budget in mind. Enjoy the build up, excitement and magic around these special days with your children by counting down!
 2. Agree with family/friends budgets for present sharing or perhaps a day/evening or meal shared together instead.
 3. Christmas jumper swaps- arrange a swap or hand me downs with family and friends to avoid buying new every year!
 4. Share your favourite memories of Christmas with your children, chat about those magic moments that don't focus on the gifts and spending! Involve children in Christmas prep, making decorations, shopping lists and food preparations!
- (*Check out the Parentline team memories on our website: ci-ni.org.uk/parentline-resources/)
5. Remember to take care of yourself! Christmas can be a stressful time particularly for parents, take time for yourself where you can and share the load with a partner, family or call Parentline for support 0808 8020 400

What Next?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

Relateni.org

You can also call Parentline NI FREE on;

**0808 8020
400**

Mon – Thurs:
9am – 9pm
Fri: 9am – 5pm
Sat: 9am – 1pm