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NEWSLETTER

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WHAT KIDS REALLY WANT FOR CHRISTMAS

Hint: it's not electronic. It's not advertised on kiddie TV. It doesn't cost anything but it's priceless.

Answer: MORE TIME WITH YOU!

A survey done of school age children asked kids what they wanted most from their parents. Despite the consumeristic culture in which we live, children said they want their parents to spend more time with them. The problem is that a survey of parents today would doubtless say that lack of time is their biggest concern.

Why? It's not only that the majority of mothers with school-age children are in the work force but all of us live in a very complex, rapidly-changing, clock-driven world and time is our most precious commodity. We never have enough. Now along come the holidays and things get even more hectic.

The Heins Spend-More-Time-with-Your-Kids-During-the-Holidays Suggestions:

- Do less holiday stuff. Cut shopping and entertaining to a minimum.
- From now until school starts again after the holidays resolve to spend a few special "Holidays Minutes" with each child every day. Put it on your calendar. Use the time to connect with each child. Remember holidays are for connecting not trying to out-shop and outspend everybody.
- Set up a Family-Getting-Ready-for-the-Holidays meeting at least once a week. Use this time to 1) plan holiday events with a helping role for the kids, 2) talk about the meaning of your holiday 3) just be together.
- Think of the environment. Do you really need to drive to the mall every day? Does every gift need wrapping paper that ends up in the landfill?
- Involve all but the tiniest children in your holiday tasks. I know it takes longer but if you bake cookies with the children you gain both time with them and the chance to teach them some rudimentary culinary skills like how to cut out a cookie (use plastic cookie cutters for safety).
- Come up with your own suggestions for spending more time with your kids during the holidays and email them to me--if you have the time!

Happy Holidays and a Happy, Healthy, Peaceful New Year to all my readers and their families!
Marilyn Heins, ParentKidsRight.com