

Reducing Holiday Stress: Tip #5

Unplug the Christmas tree!

(Metaphorically!) Reduce your expectations for yourself, your family, your in-laws and your children. Don't expect "best company behavior."

Remember most children are "wound up" at this time of year. Most parents get themselves too stressed! Schedules may be less predictable.

Expect relapses in your child and yourself – accept mistakes and try again.

