



Include your preschooler in holiday activities this month

More families buy gifts in December than any other month. As you contemplate what your child might like, remember that making your child feel included as an important member of the family is often the best gift of all.

Most preschoolers love the special activities and events that happen this month. But what they want most of all is to be part of what you are doing.

To include your child:

- Give him a role in family rituals and traditions. If you always send a card to a relative who lives far from you, forego a store-bought card this year. Instead, let your child decorate a folded piece of construction paper. Then you can write a short note inside.
- Put him to work! Remember, preschoolers want to help. Take advantage of it. Your child can stir a soup or batter. He can help set the table. He can put letters in the mailbox. Anytime you are about to do a little task, think to yourself, “Can my child do this instead?”
- Build in some time for him. As you do errands with your child, take five minutes to stop and look at a colorful display. Make his favorite lunch and sit down to share it with him. Spend a few extra minutes tucking him in at night. These simple activities send an important message: “I have time for you no matter how busy I am.”

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