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Relieving Christmas Anxiety for Children

By Sarah Delaporte

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For a child, Christmas is the most exciting holiday of all. They look forward to the Christmas tree, lights, presents, stockings, make-believe Santa Claus, wishlists, snowmen & many more aspects. It is easy for adults to forget how excited children become when the arrival of Christmas draws near. Of course the children only seem to think about the presents, but it is actually more than that. What child doesn't enjoy visiting a store just to watch a toy train go around and around the fake Christmas tree? What about the snow and the snowmen they build? Or the lights that blink or sing songs? Maybe it is the cookies grandma makes? Or Aunt Lily's beef roast? Or the warm pajamas they are in when they run down to check what it is their stockings? Or is it the enchanting story about the newborn long ago who was actually the Son of God?

Whatever the case may be, Christmas is the most exciting holiday for most youngsters. It is a combination of magic (lights, snowmen, snowflakes, etc), family, good food, presents & stories. Everyone remembers how important the holiday was to them once, but somehow we have forgotten how wonderful it really is. Rather than worrying about what present we are going to buy Aunt Martha, we should be enjoying the holiday. Why not take Johnny & go sledding today?

This is why it is crucial that we get all of our holiday shopping done early. I usually start my shopping in September, and I like to have most presents bought by the 1st of December. This way, I can relax during the wonderful holiday. Why not create memories instead of sharing your stress? If you enjoy the holiday, your child will enjoy it ten times more.

Create a plan which will accomplish two tasks. The first "task" your plan will accomplish is to help your child wait for Christmas. The second and most important goal is that it will help you remember why the holiday is so special. Remember that fun time with your child doesn't have to cost money. Create a plan to do one special thing every day for the 24 days before Christmas (starting December 25th). Your plan may look like the following:

1. Make homemade Christmas cards with your child and mail them to grandparents. Maybe include a photo of your child.

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2. Make a Christmas wishlist with your child and mail it to the relatives.
3. Build a Snowman with your child or have a snow fight.
4. Make homemade Christmas ornaments.
5. Set up the Nativity and read the story of Jesus. Let your child "act out the story" with the figurines.
6. Make Christmas cookies or fudge with your child.
7. Go to the store and let your child pick out a gift to give to the needy.
8. Create a relaxing atmosphere. Turn off all of the lights except the Christmas tree lights. Then use candles and/or a fire in the fireplace to create a warm environment. Make some apple cider or hot cocoa. Then spend the evening reading stories to your child.
9. Wrap presents with your child and put them under the tree.
10. Go out to eat. Let your child choose where you plan to eat.
11. Put together a puzzle with your child.
12. Teach your child a new card game.
13. Go to a Movie Theater & Buy a big tub of buttered popcorn. (It's ok. Indulge yourself). Can't afford the Movie Theatre? Make up a pretend movie theatre at home! Make popcorn, rent a movie and use fake money & fake paper movie tickets.
14. Visit a grandparents house.
15. Make your child's favorite meal.
16. Make paper snowflakes together and hang them in the window.
17. Have each member of the family make notes for all of the other family members. Inside the notes, write a letter to that family member which includes what you appreciate about that family member. Then seal the envelope and decorate it with stickers. Young family members can draw pictures for each member of the family.
18. Dust off the Christmas Carol CD and play it.
19. Remember to plan a night out with your husband to get to know each other better. Leave the children with a FUN babysitter. Allow the children to order out pizza or go see a movie.
20. Make sure all of your presents are bought and wrapped. Let your child participate in putting

together all of the last minute preparations.

21. Decorate your yard for the arrival of relatives.

22. Let your child help you bake the food.

23. Declare the day a NO VIDEO GAMES ALLOWED day. Prepare fun activities for the two of you to do all day.

24. Visit relatives or prepare a fun time together at home.

Whatever activities you plan, they will help both you and your child focus on the fun times you can enjoy in preparation for the holiday season.

Sarah Delaporte is the owner of Freebie Coupon Corner. She loves helping consumers receive free groceries with her helpful e-book publications. If you want to receive free groceries, visit Freebie Coupon Corner at: <http://www.couponcorner.net>

Need To Recapture The Magic Of Christmas? Try Inspirational Christmas Stories!

By Bernadette Dimitrov

Everyone knows that life today is more hectic than ever before. Families are often very busy and family fun time is at a premium. This is never more apparent than at Christmas. Everyone wants Christmas to be magical and special, but many of us feel that it has become commercial and impersonal. The solution, though, is so simple that many families are surprised. Inspirational Christmas stories can help you recapture the magic of an old-fashioned Christmas, but with a modern twist. Just consider:

1) Inspirational Christmas stories for children and adults are quick to read and can be read together at any time. You won't have to rearrange your entire schedule for this Christmas magic - all you need are a few stolen moments here and there.

2) Inspirational Christmas stories for children and adults allow you to create special Christmas traditions for your family. Many cultures read the Christmas story aloud during the holidays. Reading favorite inspirational Christmas stories for children and adults together can be a great way to develop special holiday traditions for your own family.

3) Inspirational Christmas stories for children and adults are about sharing time - not about spending money. Getting together to read inspirational Christmas stories out loud is about sharing time together. It is not simply another impersonal way to spend money. In fact, inspirational Christmas stories are very economical, no matter what your holiday budget this Christmas season!

4) Inspirational Christmas stories for children and adults can help you teach your family what the

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season is all about. These stories have modern settings and twists and are exciting and fun. At the same time, they are about the miracles and togetherness that Christmas should represent. Without lecturing or moralizing, inspirational Christmas stories for children and adults capture and reveal exactly what this time of year is all about - and they do so in a way that everyone can understand!

5) Inspirational Christmas stories for children and adults can create cherished memories for your whole family. Stir up some cocoa and serve some cookies to your audience. Take turns reading inspirational Christmas stories out loud, and put on some quiet Christmas carols in the background. Inspirational Christmas stories for children and adults can be the perfect way to set the stage for a fabulous Christmas celebration.

The magic of reading and the wonder of Christmas combine together in inspirational Christmas stories for children and adults to create a wonderful way to celebrate this most exciting time of year! Why not get some inspirational Christmas stories today and create a tradition that your family will love and cherish for years to come?

Visit

and sign up for our F*R*E*E* NEWSLETTER FULL OF TIPS,

TOOLS & RESOURCES for reviving the fun, joy, magic and real meaning of Christmas every day of the year.



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