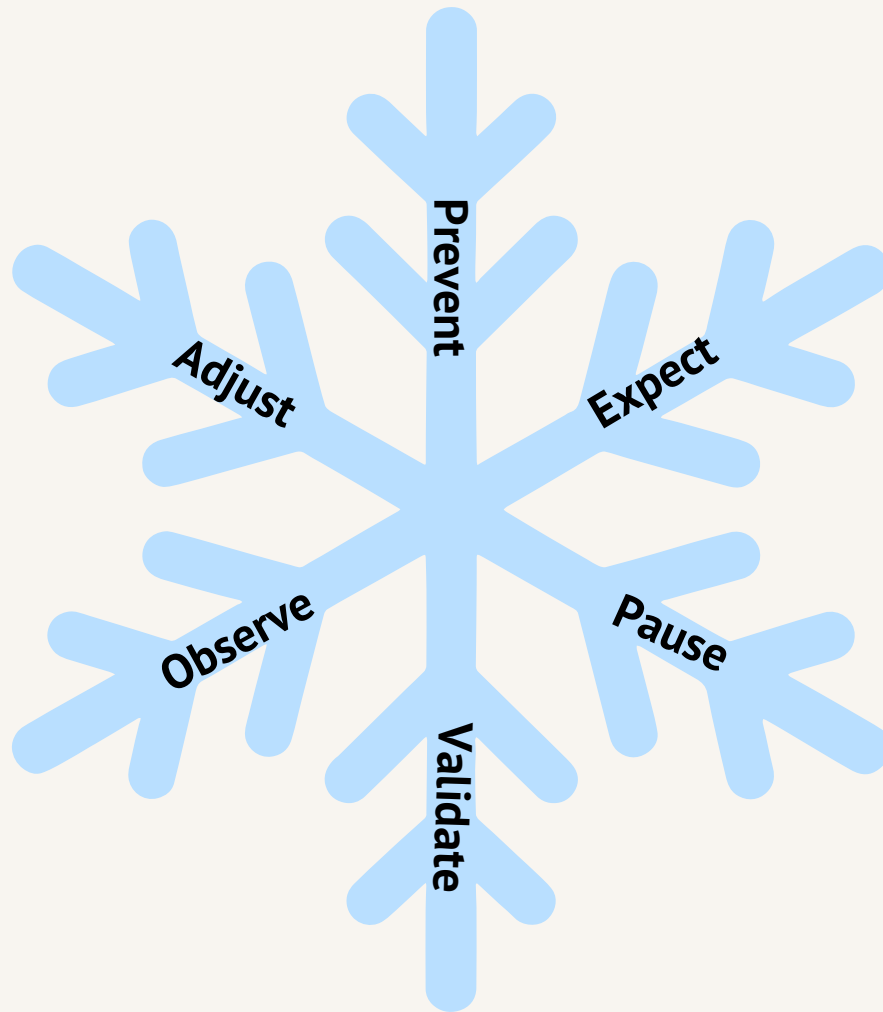




# Tackling Holiday Meltdowns

Holidays can be wonderful, but they can also be overwhelming and overstimulating. Let's look at what we can do prevent meltdowns and deal with them when they inevitably happen.





# Tackling Holiday Meltdowns

## Prevention:

- Let go of comparisons and ideas of perfection this season
- Try not to overcommit or overschedule. Say no to things that add to your stress but not your joy.
- Use a visual schedule and calendar to share what's to come with your kids.

If the overwhelm has set in, coregulation is key!

Coregulation is the foundation of self-regulation for kids. Let's break it down into steps by remembering *Every Person Views Other Apples*.

1. **E** is for expect the meltdowns. Budget extra time before trips, photos, and big events
2. **P** is for pause and breath. Get your own emotions in check before you respond.
3. **V** is for validate their feelings. Label them,
4. **O** is for observation. Take a moment see what is happening in your child's body.
5. **A** is for adjusting to what is needed next. Maybe you repeat steps 3 & 4, maybe you provide some space for them to think, maybe they are ready to move on to the event.

