

TIPS FOR HAPPY HOLIDAYS

EDMONTON & AREA FETAL ALCOHOL NETWORK - ISSUE NO 2

Here are a collection of tips to keep your household happy through the holidays...

1. Create structure, routine and consistency during the Christmas holidays.
2. Engage the children in activities they enjoy.
3. When decorating remember children can get overloaded with all the decorations and lights so put out decorations slowly each week.
4. Take special care to avoid decor that is sharp, breakable or with small pieces to avoid choking or swallowing.
5. During parties hire a sitter or designate a person to watch the children.
6. Keep candies, nuts and alcohol out of reach of the young children.
7. Keep visitor's belongings out of the reach of young children, they may have brought matches, lighters, medication or other dangerous items with them.



8. Play music that is calming over the Christmas season.
9. When you go out to relatives or parties take books, coloring sheets, small toys to keep your child busy.
10. Make sure you clean up when the night is done to prevent your child from getting into leftover food or alcohol.
11. While kids are off from school try to keep them in the same sleeping routine to prevent having to retrain them come January.
12. Be aware that large gatherings may overwhelm your child so try to stick to small gatherings or ensure they will have a quiet place to go if they are feeling overwhelmed.
13. Follow the age recommendations on children's toys.
 - a. For infants & toddlers no toys with strings or chords.
 - b. For children under 3, the toy must be large enough so that it won't fit through a toilet paper roll.
 - c. For children under 3, always remember to throw away all the packaging ex. plastic bags, zip ties, etc.