



Tips for Parents to Slow Down and Enjoy the Holidays

The rush of the holiday season is here, and there is so much to get done. Believe it or not, more can actually be accomplished by slowing down, as opposed to getting in the mix of the holiday hustle and bustle. Parent Action for Healthy Kids offers these three tips to help parents slow down and enjoy the holidays.

Make a “who” list instead of a “to do” list

Parents need to remind themselves who the most important people are in their lives. By doing this, “to do” list items will fall off when it is realized that they don’t impact the most important people.

Be present in the moment

It is often thought that rushing and multi-tasking will get things done and provide a feeling of control. This is an illusion. Control is over rated, however peace of mind is a concept to behold. Slowing life down and working to accomplish only one thing at a time will provide a sense of calmness, creativity, and peace of mind that is priceless.

Take time for yourself

There is a saying “Time enjoyed wasting is not wasted time.” The greatest gift we can give our children is to show them how to rest, relax and be happy.

When giving these tips a try, the only thing lost will be a little stress!



Barb Flis, Founder of Parent Action for Healthy Kids, is an advocate for parents, and a published parenting and children’s health expert. Her focus lies in connecting families, schools and communities for the purpose of promoting the well-being of children’s social, emotional and physical health. Her “parent-to-parent” approach has garnered her much praise and national media attention. Visit www.ParentActionForHealthyKids.org for more information.