



Gratitude & XMAS Giving



Christmas can be an **exciting** time for kids!

There's often xmas trees and decorations, santa's reindeer, xmas crackers, mountains of food and of course ...there's presents.

But presents are where things can get tricky!



We like seeing our kids get excited about presents, but we also want them to show **gratitude** for what they're given, and to **value other things** about the xmas period that matter just as much (if not more) than presents.

So here are our top tips for helping your child **feel gratitude and value other things** at xmas time ...more than simply 'getting stuff'.

#1: Shine a brighter spotlight on **the pleasure of giving**:

- involve your child more in choosing or creating the presents they'll give,
- involve your child more in wrapping the presents and making cards,
- help your child picture people's happy faces when they give them their presents,
- talk about others things they can give, like cuddles, attention, a bite of their xmas pudding, etc.... to all the people who'll be gathered on xmas day.

2: Talk **less about presents** and more about other xmas fun:

- like how you'll decorate the Christmas tree and when;
- like who's going to be there on xmas day or who you will visit;
- like the anticipation of seeing cousins and others, and all playing together;
- like all the yummy food you'll be making (and eating!) together;
- and best of all: talk about how wonderful it will be to all spend time together.