

Tip for Tots – Helping children enjoy the holiday season

by Georgianna Roberts
of the Grandmothers

Everyone laments the accelerated pace of our lives these days. But parents and teachers of preschoolers need to be especially alert to ways we deprive children of important learning experiences by rushing them into situations and activities better left for their grade school years.

For example, simply buying and decorating a Christmas tree provides more than enough excitement, especially when added to everything else that is going on around them at this overwhelming time of the year. Parents should think back on their own Christmas memories and begin building traditions their young children can enjoy for a lifetime. Being with the whole family, doing things together — these are the really significant Christmas memories.

Start by decorating cookies; creating a simple gift, like a pencil holder out of an orange juice can; or making potato print cards and Christmas tree ornaments of paper chains. Build your traditions around these kinds of activities and wait until the children are older — at least in first grade — to add the overwhelming commercial excitements, like going to the mall where too much is going on and adults try to accomplish

too much and everyone ends up staying too long. Give yourselves and your children the gift of serenity for Christmas.

Getting to do all the fun things that you recall from your childhood (or wish you had experienced) is one of the special rewards of having children. Just remember to think of the child and watch closely for his or her reactions. Start out slowly and savour every step along the way.



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Christmas Colouring Contest

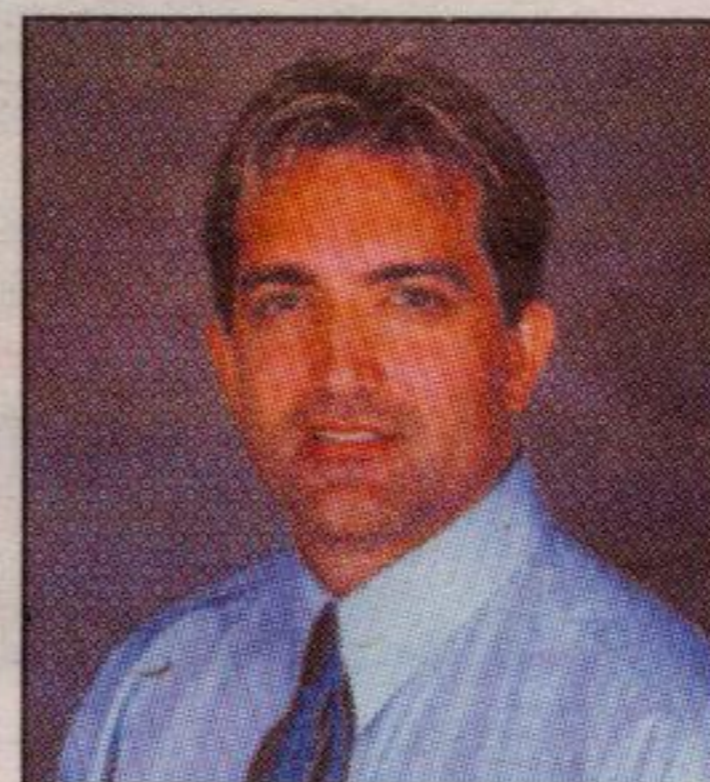
ENTRY FORM

Name: Phone:

Address: Age:

Colour this picture, bring it in to our office and you'll be entered into a draw for 1 of 3 "real cool" gift packages. Also, when you bring in your coloured picture, you will receive a Christmas gift bag (limit of one per child). Contest is open to children 12 years old and under in the Halton Hills area. It is **not restricted** to the children of Co-operators clients.

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