

## New Family Physicians

**Dr. M. Kamouna  
&  
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are  
Welcoming New Patients  
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### Tip for Babies –

## Picture with Santa

By Barbara Burrows

The first holiday season of your baby's life is certainly a special one - and parents have often been thinking of that first Christmas with the new baby, sometimes even before the birth even occurred. Parents can have many definite ideas of how they would like to see things happen during the holiday season. One thing that might be very important to parents is to have a picture with Santa.

Although going to see Santa usually evokes very pleasurable feelings in parents, their feelings are related memories of visiting Santa in later childhood. Few of us can remember what it was like having to let go of our mommy or daddy's hand and move close to a total stranger when we were 1, 2 or even 3 years old, especially when the stranger looks very different from anything we have ever known.

Just stand for 10 minutes and watch children visiting with Santa to see how apprehensive and even frightened some babies and young children look. Although the Santa photo may have great meaning to parents, most parents care more that their children feel safe and want their children to know that they can trust parents to protect them from frightening situations.

If your baby or child is frightened, respond immediately. Rather than trying to make a frightened baby smile for the camera, find a way to get the photo that will not scare your baby. Why not get a family photo for baby's first Christmas — with mom

and/or dad sitting with Santa, the baby happy in familiar arms. Each time parents can protect their baby from a situation that frightens him, they are strengthening the bonds of love and trust.

It may not be quite what parents pictured in that special photo album, but in years to come, when your child asks why mommy and daddy are in his baby Santa picture, he will be very comforted to hear that mommy and daddy were in the picture because he felt safer being close to people he knew well.

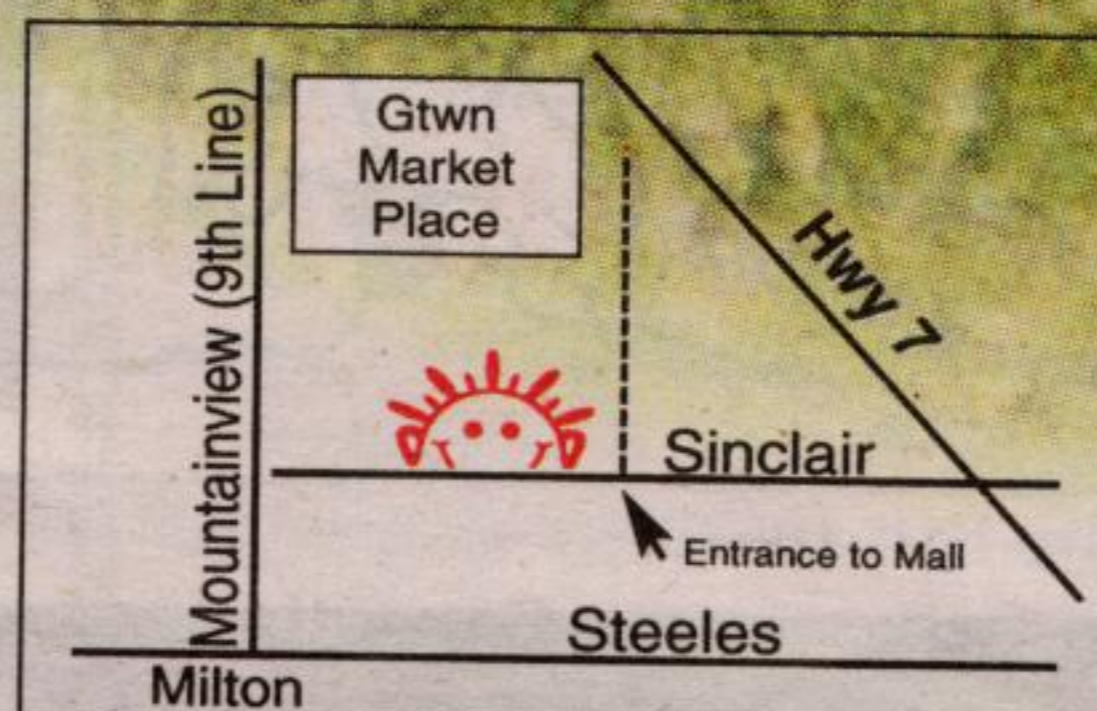


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