

Brave Badger's Guide to Christmas!

Even though Christmas can be called the most wonderful time of the year, for some it might be the most stressful! The days leading up to the big day can be very different to normal and little ones may feel a bit out of sort! Here are our top tips...



Create a countdown

1

To help ease any anxiety over when Christmas Day is coming, make your own countdown calendar with visual cues on to show your child what is happening and when. This will help manage their expectations!

2

Ignore any expectations

Every child responds differently to the busy whirlwind of Christmas festivities. Some might not want to meet Father Christmas, others may find the music too loud, while other children take it all in their stride! Allowing your child to have some 'time out' is important, so they can rest and reset - just like us adults! So don't be afraid to take the opportunity and have a five minute break-away for some quality time with your little one...

3

Maintain a routine on the big day!

Try to keep the loose structure of Christmas Day similar to what your child knows by making sure breakfast, lunch, naps, dinner, bedtime are roughly at the same time as normal.