



**MENTAL HEALTH MEMO:  
HOLIDAYS DURING THE PANDEMIC  
Reducing Stress, Helping Kids Cope, and Making New Traditions**

While we usually look forward to the holidays, they can also be a source of stress for both ourselves and our children. This year, we are also dealing with the stress of the pandemic which can further affect our sense of well-being and mental health. Here are some tips to consider as we celebrate this unusual season:

- Don't wait to make plans- follow the current advice of the health unit but be prepared to be flexible, increase predictability by discussing various celebration options
- Discuss rules in advance- ensure that you have safety rules in place as this will be comforting for both adults and children with anxiety over COVID-19
- Stick to your ground rules- remind guests and provide children with a script when others are not following the agreed upon rules of the gathering
- Start new traditions- if you are unable to celebrate in the usual way, find new activities to make the pandemic holiday special
- Give kids a voice- ask your child for ideas on how they would like to celebrate, providing them voice is a strong protective factor
- Let kids express disappointment- let them know it's okay to be disappointed/angry/frustrated and we are doing what we can to stay safe

For more information, click on the link for the full article from Child Mind® Institute [Holidays During the Pandemic](#)

For more information, please contact the RRDSB Mental Health Leader:  
[tracey.idle@rdsb.com](mailto:tracey.idle@rdsb.com)