



# Holiday Gifts: Validating your Child & Setting Boundaries

Throughout the holidays children are targeted by television, internet, radio, and even their friends. So it's no wonder why you hear your child saying "I want..."

## Set Boundaries & Validate Your Child

### Parents & caregivers begin the season with a plan

First, set boundaries with your child. Think ahead, when you take your child to any store during the holidays, let them know what your intent is. Let them know what you are shopping for. If gifts for others, try to have them help by asking for their ideas. Let them know that it is ok if they see something they like, but this is not the time for us to buy it.

Secondly, validate their feelings. So plan ahead, be aware and ready to respond, because you know you will hear "I want...". So as you shop, when you hear "I want", remember to first validate their feelings. Even if you are shopping for others, still validate them by letting them know you are happy they showed you what they would like. Acknowledge them by asking them to remember that item and write it on a list when they get home. Then, if they keep asking then simply remind them again that you are shopping for others and let them help you.

By simply setting boundaries and validating your child will help give you and your child a much happier holiday.

### Set boundaries & validate your child



**get this!**



**not this!**

### More tips

Trying to meet all of your child's wishes can cause stress to you and your bank account! So be a positive role model by teaching your children that the holiday season is a time for giving and how to be realistic.

- ✓ Let them know if a toy is unsafe or too expensive
- ✓ Let them know that you and Santa will do their best to get them a special gift
- ✓ Enjoy time with your children. Have them choose a craft or activity at least once a week. Bake cookies, write a story, or make up a game, even as a gift. Your children will remember these moments much more than anything you will ever buy!