



### Holiday Helpers

Brenda S. Metzler

It's a busy time of year for many families! Whether or not you observe a specific holiday or holy days, December is filled with parties and concerts, festivals, rituals and traditions. So many special events can be very exciting AND very stressful—especially for children.

Here are some simple effective ways to keep this season relaxing and satisfying for you and your family.

- \* Get adequate rest! for adults and children
- \* Stick to regular routines! as much as possible—bed time, meal time, nap times
- \* Be flexible! Allow for extra naps for the youngest, down-time for older children, quiet time for YOU
- \* Say "no"! to just one event—it may have been the one that tipped the balance
- \* Get outside! Go for a walk, take a hike, play in the snow—build a snow person, make snow angels, make tracks in the snow, play snow tag

- \* Read together! Go to the library, read winter books, discover *Snowflake Bentley*, read books about your family's traditions
- \* Make things together! Fold old paper from your recycle bin to cut snowflakes, create cards from catalogs, make crayon rubbings over cut-outs, stamp your own gift wrap onto paper bags, wrap it up in the funnies
- \* Play with food! Make hot cocoa together (kids are great with a whisk), drink it together, bake a pie, make cookies that require rolling, cutting, decorating, eating; it might get messy—that's okay
- \* Remember! It's really all about people and relationships, not about stuff! **HAPPY NEW YEAR!**

### 2009

#### February

*Cooking with Preschoolers: making and eating fun and tasty food with three and four year olds*

**Wednesday** February 11 10:00-11:30

At The Family Place

One parent or care-giver required to participate.

\$10 fee is for each parent and child

Call 802-649-3268 to **register early** as space is limited!

We'll prep it, cook it and eat it!



CALENDAR

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**February/March 2009**

Parent Talk with Nancy: Parenting Toddlers and Preschoolers

**Tuesdays** 6:30-8:30 February 24, March 3, 10  
 At The Family Place  
 Fee: \$24 Please call 802-649-3268 to register.  
 Sorry, no child care is available.

Parent Talk with Nancy: Parenting Toddlers and Preschoolers

**Wednesdays** 6:30-8:30 February 25, March 4, 11  
 At The Family Place  
 Fee: \$24 Please call 802-649-3268 to register.  
 Sorry, no child care is available.

**Earned Income Tax Credit**

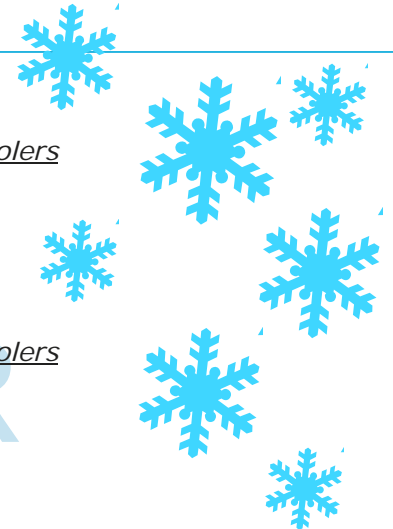
A community-based action plan to assist low income workers in the Upper Valley

The EIC is a benefit for working people who earn low or moderate incomes. It has several important purposes: to offset taxes, to supplement very low wages, and to provide a work incentive. Eligible workers can pay less in taxes and get a check from the IRS. Uses for families may include paying off debt, covering child care, meeting medical expenses, or paying rent and utilities.

**The EIC may be claimed retroactively for 3 years!**

For more information:

Visit [www.irs.gov](http://www.irs.gov) or Contact **The United Way** at **603-448-2766**



CALENDAR  
 INFORMATION



The Family Place  
 Parent Child Center  
 319 US Route 5 South  
 Norwich VT 05055

Non-Profit Organization  
 U.S. Postage  
 PAID  
 White River Junction, VT  
 05001