



North Carolina Parent Information and Resource Center
Parent Partners E-PIC
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Stress-Busting Holiday Tips for Families

While the holidays can be stressful and frantic for many moms and dads, spending time reading together is a great reason to turn off the television, cuddle up, and relax. To make reading a part of your holiday traditions, try some of these fun literacy activities suggested by the Reading is Fundamental website: <http://www.rif.org/>

- Encourage your child to create bookmarks to enclose in a gift book or to mark the place in your own book where you leave off during read-aloud time.
- Ask your child to help with holiday shopping. Have him or her write out the list and then read the items aloud as you peruse the aisles together.
- Give your child a companion book to traditional holiday gifts, such as a book on juggling and several brightly colored balls; a book about fossils and a bag of plaster of Paris; or a book about stamp collecting and a stamp album.
- When it's time for holiday baking, ask your child to read the directions aloud to you. While the cookies are in the oven, read a short book together.
- Suggest that your child's teacher turn the classroom holiday gift exchange into a book exchange.
- Help your child make his or her own holiday gifts for family and friends by following the directions in a how-to-book.
- Ask your child to help you write out gift nametags. Use extra large gift tags for tiny hands!
- Encourage your child to volunteer to read to residents in a local retirement home or hospital.
- Give a bookstore gift certificate as a holiday present so your child can select a new book on his or her own. Read the book together.
- Visit the library and pick out some holiday favorites for festive family reading all season long.