



December 14, 2007

Parental Wisdom – Emails

What your family really wants for Christmas

Question: How much of our stress during the holidays is self-inflicted?

Answer: Most of it

Today's families are changing the rules about holidays and stress.

Here's how:

1. Say no to invitations.
With precious little family time, parents are carefully choosing which invitations they are saying yes to. Spending time with your children traveling to parties is not the same as time spent alone at home doing simple things, or nothing at all. Remember children spell love T I M E.
Your children need your presence more than your presents. - Jesse Jackson
2. Create memorable traditions. Children will remember the fun, not the end result. Don't worry if your wrapping, decorations or cookies aren't perfect. I've never heard grown children fondly retelling the story about perfect cookies; the stories that will be retold when they are grown up will be of odd shaped and strange tasting cookies (sorry Martha Stewart!)
A family in harmony will prosper in everything. - Chinese Proverb
3. What gifts do our elders really want? Probably not another sweater. Consider taking them out for lunch rather than buying a gift that might never be used.
It is the duty of children to wait on elders, and not the elders on children. - African Proverb
4. If you want world peace, begin at home. Peace is a tranquil environment and sense of serenity that comes from within. Close your doors to the outside world, at least for a short while and appreciate each other.
What can you do to promote world peace? Go home and love your family. - Mother Teresa

Finally, what your family wants most for Christmas? You.

Have a wonderful Christmas, holiday season, and a very Happy New Year.