



School Health Connection



PM Pediatric Care works with your school district through our collaborative School Health program which supports learning for identified students.



Helping children navigate family gatherings

pmpediatriccare.com/blog

Enjoy the holidays with your family while also accommodating children's socio-emotional needs according to their personality traits. Here are some ways to support children at holiday gatherings.

Supporting young introverts:

- Plan time to recharge social batteries before the event: a nap, alone time, reading, etc.
- Arrive early, so your child can acclimate without too much interaction.
- Periodically ask if your child needs small breaks (1-on-1 time) during the event.

Supporting young extroverts:

- Discuss rules and expectations before the event.
- Provide positive reinforcement throughout.
- Plan times during the event for some breaks to slow down and regulate.

Place your children's needs above the wants of other relatives; it's okay to intervene if you notice that your child is feeling uncomfortable or overwhelmed. Remember the reason everyone decided to get together – have fun and enjoy your holidays!

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Try this!

Did you know that coloring can reduce stress, promote healthy brain activity, and allow for quality time spent with family? It's not just for little kids, either.

Try looking up printouts for coloring templates online and spend some time unwinding together as a family!



Lifestyle Health

Holiday breaks can disrupt children's daily routines. When considering changes to their schedule, pay attention to particular triggers: chronic constipation = continue a healthy diet; trouble sleeping = stick to sleep routine; etc. Also, focus on the crucial, easy wins: toothbrushing, taking medications, etc.



[Download](#) this free coloring page from **PM Pediatric Care!**

Let's Read!

Check out these great titles to help children learn about holidays in other cultures:

- *Playing With Lanterns*, by Wang Yage
- *A World of Cookies for Santa*, by M.E. Furman
- *The Story of Diwali: Rama and Sita*, by Jay Anika

Source: 28 Multicultural Holiday Books to Celebrate Diversity (teachingexpertise.com)



PM Pediatric Care offers urgent care and behavioral health services in your community for children and young adults through age 26.

Learn more: pmpediatriccare.com

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