



"Our families made strong through balance and support."

Soboba Tribal Family Services

December Newsletter

Merry Christmas



10 Mistakes Parents Make During the Holidays

By Alison Singh Gee

When you're a parent facing the mad crush of family dinners, holiday travel, rampant shopping, mounting debt and kids, it's not hard to feel a little un-jolly and stressed out. During the holidays, you're bound to make a few questionable decisions, especially when your little ones are involved. Here's some advice from parenting experts Dr. Lisa Staab Shadburn and social psychologist Susan Newman, Ph.D., author of *Little Things Long Remembered: Making Your Children Feel Special Every Day*.

1. The Santa Ploy – You constantly warn kids that “Santa’s watching you” and use presents as leverage for good behavior. **Fix:** “There’s nothing wrong with using reinforcers to motivate children to behave well, but I recommend setting clear expectations for good behavior (such as following directions, being respectful, and being kind to siblings), and focusing on positives,” says Shadburn. Instead of using Santa as a threat, try: “Santa is going to be so happy that you cleaned your room.”

2. Believe It or Not – You insist that Santa is real, even after your kids’ friends have outed him as a myth. **Fix:** Questions about Santa’s existence are inevitable, says Dr. Shadburn. “Instead of insisting that he’s real, let your child know that a lot of people have different beliefs about Santa, and ask him what he thinks. If your child has younger siblings or cousins, you can help him feel special by enlisting him to help carry on the tradition with little ones.”

3. Gifting Gone Crazy – You bought your kids lavish presents, maxing out your plastic to do so. **Fix:** “It is highly likely that your children, no matter what their age, will latch onto the inexpensive gifts you stuffed in their stockings rather than the costly ones you will be paying for months,” says Newman. As for older kids, try managing expectations instead of breaking the bank. “If your child has a big-ticket item in mind, make it clear that is *all* he will be getting,” says Newman.

4. Quality Time – You end up so busy with the trappings of Christmas – getting the tree, shopping for presents, sending out cards – you forget to spend special time with your child. **Fix:** “Take time for holiday traditions, such as baking cookies, reading holiday books, or my favorite – going for a family walk to look at holiday lights,” says Newman. If you find your to-do list getting out of control, you may have to prioritize and cut back on something (like deciding you don’t need to mail out 100 Christmas cards) in order to focus on what really matters.

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Soboba Tribal Family Services Staff:

Nancy Currie, Director

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Mon - Fri 8am to 4:30 pm

(951) 487-0283

28th Annual Tinsel Triathlon

Sponsored by the Soboba Foundation

Sunday, December 8, 2013

Registration at 7:00 a.m., start time at 9:00 a.m.

West Valley High School

3401 Mustang Way, Hemet, CA

For more information, visit www.tinseltriathlon.com or call (951) 929-9691

City of Hemet Christmas in the Park and Parade 2013

Christmas in the Park: 9:00 a.m. to 4:00 p.m. at Gibbel Park (Florida & Kirby) includes entertainment, petting zoo, face painting, food and lots of vendors.

Christmas Parade: Saturday, December 7th 10:00 a.m. Starts at intersection of Florida & Palm, then heads west, ending at Gibbel Park.

This year's theme is "Salute to America". For more information, visit www.cityofhemet.org.

Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829

Remainder of Riverside County: (800) 799-SAFE (7233)

(800) 787-3224 – TDD Line

Hemet Office: (951) 929-3079

If you are in immediate danger call 9-1-1

24 – Hour Child Abuse Hotline for Riverside County (800) 442-4918 or (800) 442-4453



Crisis Hotline (951) 791-3300

Serving Hemet, Temecula, Perris, Sun City, San Jacinto, Murrieta, Lake Elsinore

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5. Pet Project – You gave your young child a puppy or kitten for Christmas, and expected them to take care of it. Of course, that didn't happen, and now you're upset.

Fix: Before giving such a high-maintenance gift, make sure that you and your child are both ready for the responsibility, says Dr. Shadburn. "If you decide to go ahead with the furry gift, be sure you have realistic expectations about the situation. You can give your young child small responsibilities (such as filling the water bowl), but be prepared to do the majority of the pet care yourself."

6. Trash Talk – In anticipation of a big family gathering, you've bad-mouthed other members of your clan while your kids may have been listening.

Fix: "If you have already said something negative, let your child know you realize that wasn't very nice, and try to find something positive to say about the person," says Dr. Shadburn. "By making an effort to be respectful to others in front of your children, you will model respect and tolerance, and show ways to calm rather than fueling the fires of family conflict."

7. Schlep Fest – You promised three relatives that you'll be at their houses for holiday dinner and then proceeded to schlep your kids all over town to make it to every event.

Fix: "A calmer more pleasant approach is to spread the holiday over a few weekends," says Newman. "Visit one set of relatives the weekend before Christmas, one on Christmas Eve or Day, and another one night or afternoon during the week. Although spreading the holiday out may break some long-held traditions, everyone will, in the end, adjust and have a calmer, more pleasant holiday gathering."

8. Keeping Up Appearances – You expect too much of your children, such as sitting through a two-hour family dinner in their stiff holiday clothes, or expecting them to kiss and hug Aunt Daisy when they can't remember who she is.

Fix: "Let the kids be kids. Insist they be polite, but don't ask them to act like mini-adults when they are children," says Newman.

9. Lack of Gratitude – You were visibly upset about the Ginsu Knives your husband gave to you for Christmas. And he actually thought you loved them.

Fix: You don't always have to love the gifts you get, but you can model and teach your children from an early age how to be grateful and respectful, says Dr. Shadburn. "When given a gift, make sure your child hears you say thank you," she says. "Point out the effort that the giver put into choosing the gift by saying something like 'Daddy picked out this special gift just for me because he knows I like to cook.'"

10. Material World – You forgot to teach your kids the value of giving, rather than receiving.

Fix: It's important to remind your children how lucky they are to have so much, Newman reminds us. "Involve them in clearing out toys they no longer use and donating them to those less fortunate," she says. "Whenever you give away clothing to a homeless shelter or other charity, be sure the children are aware of your concern for others. Your acts of caring will 'rub off' on them."

Excerpted from www.glo.msn.com

5 Ways to Stay Healthy For the Holidays

Mom's in stress meltdown, the kids are fighting over cookies, Uncle Bob is coughing up a lung, and your best friend just got text-dumped. Hello, holiday memories!

'Tis the season to beat sickness. Fortunately, you can stay well and have a good time even if everyone else is falling apart.

Follow these 5 tips to boost your body's defenses:

Fend off germs. Family gatherings, travel stops, shopping malls — they're all places germs like to mingle. So protect yourself: Get a flu vaccine and wash your hands *a lot*. The holidays are all about sharing, but some things you'll want to keep to yourself. People can be contagious before they know they're sick, so even just a sip from someone's drink puts his or her germs in your body.

Eat healthy and be merry. Holiday foods can be high in calories and low on nutrition you need to battle germs and boost energy. Try to eat five or more fruits and vegetables a day. And don't give your exercise routine a holiday. Exercise gives you energy in addition to burning calories.

Chill. "Can I afford it?" "Will it be perfect?" Even things we look forward to can make us worry. If you feel stressed out, stop what you're doing for just a moment. Take five deep breaths and concentrate on each breath as you inhale and exhale. Walk over to a window and look out at the sky. Then go back to what you were doing, realizing that holiday drama will happen. Just hope it leaves you with some great stories to tell.

Beat the blues. Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. Other people are going through difficult life events like a breakup or a move. If you feel down, go outside, even if it's cold. Sunlight and exercise are great mood lifters. Try a seasonal activity to put you in the holiday spirit. And don't hesitate to talk to someone you trust about how you're feeling.

Get some Z's. Getting 8½ to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

One of the top things to do for your health is to get out and have fun. Forget about the tough stuff for a while (except for your safety, of course). Laugh and enjoy yourself — the holidays only come once a year.

Excerpted from www.kidshealth.org

Visit us on the web at www.soboboa-nsn.gov and select "Family Services" in the "Departments" tab for our Newsletters, upcoming events/trainings, resources and referrals and information on the Indian Child Welfare Act.

