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Holidays are fun time for all whether itâ€™s a child, a teen or even an adult. The planning for the holidays starts months before they come. It is the time when all the members of the family share the happiness together. Gifts, gratitude and greetings compose the core of the holidays. There are different kinds of holidays that kids enjoy during their school days- summer holidays, Christmas holidays, and some other festive holidays. In some western countries, children enjoy long school vacations during the winter season also.

But this vacation time also brings lots of pressure for the little ones. Kids remain busy all the time in their preparation for the festivals and thus become very much exhausted after everything gets finished. Moreover, the schools also assign a bulk of home works to the children to be done during the holidays. Students generally donâ€™t do their homework during the starting days of the holidays and thus when the time comes before the completion of the vacation, this turns out to be a headache for the students and their parents. The vacation also means a lot of hustle and bustle for the children and a complete mess up of their daily routine.

Parents can help their children to cope up with their stress during the vacation time. A proper planning and full patience is the only way to handle the vacation works properly. The following are some of the tips that parents can apply to make their kidsâ€™ holidays more fun filled for them:-

1-Set a Calm Example- Parents need to try to settle down things as calmly as possible so that kids should not suffer from the stress. Being parents, if we allow holiday stress to get over us, our kids would definitely catch the same

2-Set up Condition for Good Behavior- It should not be the correct way to teach your child when they are depressed or are feeling exhausted. This can make a mess up of everything. Everybody plan for trips during vacations. This trip time can be ideal to teach different skills to children by means of play

3-Remember the Importance of Routine- Whatever may be the circumstance; always try to follow a routine. This will help the child to follow the same after the opening of the school. Moreover, this routine also helps them to finish their home tasks in time

4-Get the Child Moving- During the school days, the children often donâ€™t get time to enjoy the natural world. It is important for their mental and physical development also. Give your child the scope to play outside the house. Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children

5-Avoid Over-scheduling- As tempting as it may be to accept every invitation from friends and family, try to limit your holiday parties and activities so that you and your child are not overwhelmed. A couple of events a week may be fine, but having an obligation every day can lead to holiday stress and anxiety in children.

Find a quiet corner and read a book with your child or create holiday pictures for grandma and grandpa. Take a walk outside in nature, away from noise and crowds and obligations.

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