



NURTURE HOLIDAY TRADITIONS WITH YOUR CHILD

Learning new things is one of the best parts of life and teaching your child about your family celebrations is a joyous way to pass on traditions. Little hands can hang ornaments on the lowest branches of the tree, shake sprinkles on cookies, or place the candles in the menorah on Hanukkah. Let them know why it's so important to your family to celebrate Posadas Navideñas, the reenactment of Mary and Joseph's journey to Bethlehem or Kwanzaa, the African American celebration of life. Books offer a window into other people's holiday traditions and our website <https://collabforchildren.org/resources-for-families/activities-for-families/> lists several recommended titles so you can snuggle up together and let your imaginations fly.

Reading together is an inexpensive and relaxing way to expand a child's understanding of the world. And we all need extra relaxation time during the holidays. For the wee ones (age 0 to 4 years) our educators recommend "Christmas Cookie Day" by Tara Knudson about an adult and baby bear that make holiday treats for the family. For older readers, "A World of Cookies for Santa" shares the variety of special treats children leave out for



Santa Claus all over the world. The book even includes delicious cookie recipes that your family can try. And finally, Maria learns about the warmth of family traditions in “Too Many Tamales” by Gary Soto. She and her cousins have full bellies at the end of the story, but mostly, they are filled with the love of family.

Another way to celebrate, and keep everyone engaged and happy, is hands-on activities.

You can make Homemade Play Dough from ingredients available in your pantry.

Homemade Play Dough

1. Grab a bowl and have your child pour in the following ingredients:

- 3 cups of all-purpose white flour
- 2 tablespoons of cream of tartar
- 1 cup of table salt plus, 2 tablespoons

2. Help them mix in:

- 3 to 4 tablespoons of cooking oil (canola, coconut, etc.) If the dough is a bit dry, slowly work in a touch more oil.

3. Then add:

- 3 cups of hot water.

Voila! Homemade Play Dough. You can scent the dough with peppermint or gingerbread extract to make it extra special.

As 2021 draws to a close, it's an opportunity to share our blessings with family and friends.

Welcoming your child's efforts in the creation of these festivities gives them the opportunity to develop a sense of ownership of family traditions and values. Everyone at Collaborative for Children wishes you the joy of the holiday season and a Happy New Year.