

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

FAMILY BONDING ACTIVITIES

DAUPHIN COUNTY MH/A/DP
DECEMBER 2023- MENTAL HEALTH TIDBIT

The Holiday Season is the Perfect Time for Family Bonding Activities.

The holiday season seems to bring everything into clearer focus.

- I need to spend more time enjoying my children this holiday season and less time stressing out.
- I want to create memories they will always remember in an atmosphere of love and closeness.

Taking time to make sure your child's emotional needs are met over the holidays now will pay off big time later, as research is clear that children who feel securely attached and have strong-parent child relationships have healthier relationships and better mental health later in life.

Your heart is in the right place- now it is all about planning and following through during one of the busiest times of the year.

Here is a list to get you brainstorming on which activity ideas for families will cultivate the best family bonding:

- ✚ Have a 'family bake-off' where each child gets to make their favorite cookies.
- ✚ Have a family board game tournament and chose an object for the official trophy!
- ✚ Savor your child's smallness with holiday fingerprint or footprint art.
- ✚ Take a family vote and then watch the 'all-time favorite' holiday movie.
- ✚ Go sledding and/ or ice-skating together.
- ✚ Read stories cuddled in the dark with candlelight.
- ✚ Connect through creative holiday art with fun interactive activities.
- ✚ Look through family photo albums together.
- ✚ Share family holiday traditions from your childhood with your children.
- ✚ Take a drive to see Christmas lights and decorations (do not forget to-go mugs with hot chocolate!)

Excerpts from: Twinkl Life: [50 Family Bonding Activities for the Best Christmas Ever \(parentswithconfidence.com\)](https://www.twinkl.com/50-family-bonding-activities-for-the-best-christmas-ever)