November is often thought of as the beginning of the busy holiday season. Stores have been promoting holidays since August! We sometimes get numb to the reason for all the planning and hype this time of year bring. We can feel overwhelmed and this creates stress and unpleasant feelings.

our perspective.

Remember to take time out with your family and think about what you are thankful for each day. Keep it as simple as a discussion in the car or design a jar/container and have each family member write something they are thankful for each day and add their slip to the jar.

As you make and schedule plans with friends and family members remember to schedule quiet time for your family and yourself. Making memories

remembering the stress and negative feelings.

Homework

Children get more out of homework when parents monitor their efforts. Each day, take some time to review your child's

What sound does a limping turkey make?
I give up!

November 2019

things we have in our lives, but did you know that being thankful is also good for your health? Here are