

## Enemy Swim Day School - Special Services

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News from the Learning Lab – by Bridget Samson

Christmas break is only two weeks away and with the hustle and bustle of the holidays, we often see our normal routine change for ourselves and our children. From our sleeping and eating patterns (sweets galore) to our unstructured schedules due to family gatherings and holiday shopping, it is imperative that we are mindful of what our children need to keep their days positive.

Although it is certainly a time for holiday cheer and celebration, **our ultimate goal should be to keep our kids on track and their routine in place** so when they transition back to school, they are at ease, well rested and ready to resume their education.

The article on the back of this has several helpful tips to reduce holiday stress for our children. The article is from [www.verywell.com](http://www.verywell.com).

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News from the Intervention Room – by Connie Sauer

All students at Enemy Swim Day School are assigned to a math intervention group. We keep intervention groups small to provide students with the most one-on-one teacher attention. Math interventions are designed to fill in any gaps and/or accelerate learning to help every student achieve his or her best! Intervention groups are assigned by the scores that each student receives on the NWEA standardized test given three times a year, engaged learning tests given as needed, and performance on grade level content assessments. Our goal is to find the concepts that each student struggles with and clarify them so that they can move on easily in math. To reach this goal students need to come in ready to work each day and follow the teacher's directions carefully. If students are absent, they don't progress. Mrs. Sauer is a designated math intervention teacher which means, she teaches math intervention to all grades and has received additional training to help those that struggle.

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# 9 Tips to Prevent Holiday Stress and Anxiety in Children

## How to avoid child anxiety and holiday stress during the busy holiday season

By [Katherine Lee](#)

Updated January 30, 2016

The holidays are a fun and joyous time but also a very busy one, and holiday stress and anxiety in children can and does happen. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted.

As a result, it's inevitable that kids may feel some degree of holiday stress.

### Holiday Stress and Anxiety in Children: How Parents Can Help

**1. Set a calm example.** The most important way parents can help [ease anxiety](#) in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will definitely pick up on it, and child anxiety is more likely to be a problem in your house. To minimize anxiety in children during the holidays, take steps to [handle your own stress and anxiety](#).

**2. Set up conditions for good behavior.** Avoid taking your child to places such as the mall or holiday gatherings when he is hungry or tired. It's hard even for grown-ups to deal with noise and lots of stimulation when they're not feeling their best; kids get hungry more often and become tired more easily, and may understandably have a tough time being on their best behavior and are more likely to experience holiday stress when they're exhausted or hungry.

**3. Remember the importance of routines.** The holidays can throw a big wrench into household routines, and that can play a role in anxiety in children. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or a church gathering goes past your child's bedtime, try to stick to quiet, calm activities the next day and get your child to [bed on time](#) the next night.

**4. Watch what she's eating.** Another thing that can fall by the wayside amidst the holiday hubbub is healthy eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be all too easy for kids to eat less healthy foods, which can contribute to holiday stress and anxiety in children. Try packing healthy snacks when you have to go shopping or run other holiday errands and try to minimize the amount of sweet treats at home. Whenever possible, offer [healthy snacks](#), such as air-popped popcorn or apple slices with cheese and crackers and limit cookies and candy to after-snack treats.

**5. Get your child moving.** Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children. Make sure you schedule some time to get your child [outside](#) to run around and play.

**6. Avoid overscheduling.** 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.

**7. Have your grade-schooler help you.** Big kids love to help mom and dad, especially if they get lots of praise for being responsible and helpful. If you have to shop, ask your child to help you look for an item at the store (fun stocking stuffers for cousins, for example). Giving your child a task will not only boost her self-esteem, it'll distract her and help prevent any holiday stress and anxiety.

**8. Schedule some quiet time.** Having some peace and quiet with your child is more important than ever during the busy holiday season. 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.

**9. Remind your child -- and yourself -- what the holidays are really all about.** A great antidote for holiday stress and the bloated commercialism of the season is helping others, whether it's by shoveling an elderly neighbor's sidewalk or by wrapping presents for needy kids at your local church. Helping your grade-schooler [become a charitable child](#) will help alleviate her holiday stress and anxiety.