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Holidays and Family

As Holiday season is quickly approaching upon us, it is a good time to start thinking about the importance of family time during these Holidays. It is very easy to get caught up in the decorating, gift buying, meal making, and hustle and bustle of the Holiday season that we forget to take a step back and enjoy our time with those that we love. According to Shira Offer, professor at Bar-Ilan University, in a Journal of Marriage and Family article, “family leisure was found to be positively associated with adolescents’ emotional well-being.” Family leisure was identified as activities that the family could all participate in that were not necessarily productive or mandatory. Examples are family game nights, going to the zoo, but do not include doing homework or chores. With all this being said, here are three ways to implement family time into your already busy Holiday season that will positively impact your family’s well-being.

Set Extra Time to Make Your Goodies

A very well-known American tradition is to make cookies or goodies during the Holiday Season. It can be very fun and enjoyable, but also stressful if time is crunched. It is important to remember that children take longer to complete tasks than a group of adults, and sometimes you may catch yourself thinking, it is easier if you do it without your children. But to create those memories and traditions, you it is important to include the whole family. Give yourself extra time than you would originally think to make the goodies, so you have the time to involve your kids in the process. Although flour may get everywhere and a batch of cookies may get burnt here and there, the memories you make with your children will be priceless!

Set time to Spend Unplanned Time Together

During the Holiday Season, it is easy to fill up your calendars and not have a day off between all the activities. A great way to make sure you get family time that isn’t stressful is to set times during the days or full days off to hanging out with your family. Some activities that could be done during these times, are watching a movie, playing a game, or playing in the snow. Your children won’t always remember the activities, but they will remember how they felt during the Holidays, and giving yourself and them leisure time, will leave them feeling less stressed and more satisfied during the Holidays!

Don’t Be Afraid to Make New Traditions

If you find yourself stressing about going caroling, putting lights up, buying the best gifts, or any other tradition you do, it is okay to reevaluate that tradition. If it isn’t bringing you or your family joy, then it could be a time to make a new tradition that provides less stress and more joy!

These are three ways to bring more family time during the craziness of the Holiday Seasons, but there are plenty more ways as well! Have a great Holiday Season!

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