



Holiday Survival Tips for Single Parents

November

National Days

11/1 - Daylight Savings Time Ends

11/2 - Job Action Day

11/3 - Sandwich Day

11/4 - Candy Day

11/6 - Nachos Day

11/10 - Marine Corps Birthday

11/11 - Veterans Day

11/13 - World Kindness Day

11/14 - Pickle Day

11/15 - Clean Out Your Fridge Day

11/16 - Fast Food Day

11/20 - Universal Children's Day

11/23 - Cashew Day

11/26 - Thanksgiving

11/27 - Black Friday

11/30 - Cyber Monday

Just think. It's a week before Christmas. The kids are restless, dinner still isn't ready and presents are waiting to be wrapped. You're in a time crunch to get things done for the upcoming holiday. A lot of us have been there. But maybe this year, you're balancing all these tasks as a newly-single parent who's going through a divorce. Perhaps this is your second or third holiday season post-divorce, but you're still trying to find that new normal. On top of everything else 2020 has thrown at us, like learning how to home-school and keeping masks on the kids, making it through the holidays may seem like a daunting task.

We promise, it's going to be okay. Take a deep breath and follow these five tips to make your holiday season as a single parent a little more bearable.

1. HAVE YOUR HOLIDAY PARENTING TIME FIGURED OUT IN ADVANCE.

To avoid any confusion about which parent has Thanksgiving or Christmas with the kids, make sure you are both in *agreement* as to which of you will have parenting time. This may be difficult for you to decide, but try to think of what will be best for your children and keep them out of any conflict.

2. BE HONEST ABOUT THE THINGS THAT HAVE CHANGED IN YOUR FAMILY.

This one might not be the easiest, but being transparent with your children about the current circumstances will make things a lot easier on you now, and them in the long run.

Let them know what has changed, and what has not. Pretending everything is still the same may end up hurting them in the end.

3. MAINTAIN MEANINGFUL, FAMILIAR TRADITIONS; START NEW ONES, EVEN IF THEY FEEL DIFFERENT.

This will model to your children that it is still possible for life to move forward and for you to experience joy. This will give them permission to celebrate and enjoy life, as well.

4. REACH OUT TO FAMILY AND FRIENDS.

If you're feeling down and lonely this holiday season, be sure to reach out to your family and friends for guidance, and even extra help. Someone close to you will be willing to lend a hand to reduce the weight of the holidays during difficult times.

5. TREAT YOURSELF WITH A GIFT.

When you're experiencing hardship, your initial reaction may be to shift the focus to your children and other family. It becomes easy to avoid your feelings and forget about your own comfort. Buy yourself something nice and set some time aside for yourself. This will give you time to reflect on what you are grateful for and give you hope that things are improving, even if you are feeling a little more isolated this year.

We hope these small changes can lift the stress of the holiday season and help you maintain a great attitude, even if things seem a bit rocky.

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Kinney Mason would like to extend our gratitude to our amazing clients during this Thanksgiving season. We hope you enjoy the holidays and create special memories with friends and family!

