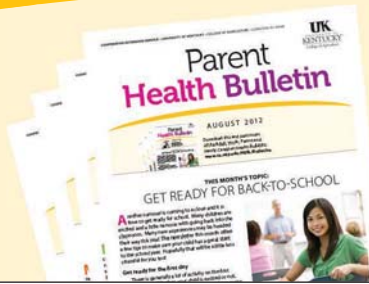


Parent Health Bulletin



DECEMBER 2013

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THIS MONTH'S TOPIC: GIFT GIVING FOR THE FAMILY

Giving the “perfect” gift can be a challenge this time of year. There are many commercials on TV about cars, jewelry and toys. For children, deciding on what gift to give a family member or close friend may be very tough. As a parent, you may want to help your child make a gift that will be a keepsake for years to come. It is true that often the best gifts do not cost a lot of money, just a little effort and creativity. Below are some ideas that you may want to use with your family this holiday season.

Gifts for moms, dads and grandparents

Handmade gifts are a great idea for moms, dads, and grandparents. The gifts will be something they can enjoy for years to come:

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Sometimes, the perfect gift is one that is made or picked out as a family.

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- **A picture of your child in a frame that he or she decorated.** Select a picture and place it in a frame. Your child may want to decorate the frame with objects that remind them of the person receiving the gift. Objects such as buttons make great decorations for frames.
- **Help your child bake a special treat.** During the holidays perhaps there is a special treat that is always given to others in the family. By letting your child help you, they will be learning about your family traditions and may even be a big help in the kitchen. Your child could also decorate the container in which the treat will be placed.
- **Your child could write a story, poem or letter.** This is a great time of year for children to share their feelings about a family member in a story, poem or letter. You may even frame it for your child.
- **Your child could paint or draw a picture.** Much like a written poem, letter or story, children can create a picture that reminds them of the family member. You may want to frame the artwork so it can be displayed all year long.
- **Creation of a coupon book.** Your child could create coupons such as “make the bed” or “clean up after dinner without complaining” or even “wash the car.” Typically, coupons should be for activities not done on a day-to-day basis.

Handmade gifts are a great idea for moms, dads, and grandparents. The gifts will be something they can enjoy for years to come.

- If there are several brothers and sisters, have each choose one other name. This way, each child would be getting (and giving) only one present. By setting limits on how much is spent, it may help children decide what to get one another.
- Instead of gifts, all the money that would be spent could be put in one pool, allowing for a single gift for everyone. Perhaps the money could be used for a day at the movies or the bowling alley.
- As a family, you also may decide to give money to a charity instead of giving gifts to each sibling. The children can pick which charity should receive the donation.

This time of year there is often pressure to find the perfect gift. Sometimes, the perfect gift is one that is made or picked out as a family. And do not forget one of the best gifts of all: being with the ones you love.



Gifts for brothers and sisters

It can be hard for one sibling to get gifts for brothers and sisters. Here are a few ideas that may help:

Parent
Health Bulletin

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