



Be the Best that You can Be

Cedarwood School

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PRECIOUS TIME

An old Polish proverb states “You have a lifetime to work, but children are young only once.” As we approach the holiday season there are many wonderful opportunities for us as parents to slow down, take a breath, and simply enjoy our children.



The benefits of spending time with them are many and varied. It nurtures love, creates connections and strengthens bonds between family members. This in turn instils feelings of security, inculcates family values, and helps them to grow in confidence. The family in which your child grows up has a major influence on how he or she deals with relationships, copes with situations, and learns about life.

As the holiday approaches and we contemplate being able to relax and let go a little, we need to prioritise simple, mindful periods where we are together with our children simply “being” rather than “doing”. While holidays away are certainly a break from the familiar and an opportunity to engage in activities not usually part of our daily routine, even being home for the holidays presents with lovely opportunities to interact and connect: you could share meals together without the distraction of television or cell phones, have discussions, learn about what is happening in each other’s lives, play cards, games or sports, picnic, watch movies, or share hobbies.



As a parent, it is vitally important to meet our children where they are and in so doing, enter their world. Sometimes you have to be creative or let them decide what they want you to do as a family. While our older children are certainly spending more time with their peers, never give up on spending family time with your teens, and they may appreciate it more than what they express.



CEDARWOODSCHOOL
(Association incorporated under Section 21 - not for gain)
Fundraising Number: 01 101753 000 2
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KEEP CALM
AND
SPEND TIME
WITH FAMILY

According to studies, healthy families make family time for talking and listening, accepting differences, showing affection and encouragement, sharing chores and decision making, keeping in touch, and making time for each other. Research has shown that when facing the myriad challenges that our children certainly will face in the world, the single most protective factor is the relationship that they have with their parents. Strong families are able to withstand setbacks and crises with a positive attitude, shared values, and beliefs that help them cope with challenges.

Children grow up quickly. Let this holiday season remind us how important it is to be mindful - staying in the moment when we are with our children- getting to know them as people, and simply enjoying their company as we relax and unwind from the year.

Happy holidays!



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