

HAPPY HOLIDAYS!

DECEMBER | 2022

Wishing you and your family
happy holidays from Saint Louis
PARTNERS! With gratitude for
all you do for our youths!



TIPS FOR NAVIGATING THE HOLIDAYS

Five little things can make all the difference!

The holidays are filled with happy faces, joy and perfect pictures across the media. Commercials promote what happy holidays “should” look like, and there is much pressure to fulfill the dream of a perfect holiday. This pressure is even greater for kids in foster care who are facing new expectations and traditions, conflicting loyalties, loss of old traditions and dreams. They may experience loneliness and sadness in what they have lost and the holidays that might have been “if only” things had been different.

The most important thing to remember is that holidays don’t have to be perfect! Take a moment to breathe. Release expectations and “shoulds” and focus on little things you can do to support the youth/s in your home at this challenging time of year. Little ways of consistently showing up for youths can make a big difference over time, even if there are no outward signs right now. Know too that you can only do your best, and that your effort can and will make a difference!

Things you can do to help navigate the holiday season:

1) Prepare youth/s for the holidays in your home. Let them know what to expect and involve them in your plans. (cont.)



*Happy Holidays from
Saint Louis **PARTNERS!***



*May your season be merry
and bright and your New
Year filled with love!*

**FOR UPCOMING EVENTS
VISIT OUR PARTNERS:**

Bringing Families Together:

<https://www.facebook.com/BringingFamiliesTogetherSTL/events>

**Lutheran Family &
Children's Services:**

<https://www.facebook.com/LFCSMO/events>

**Good Shepherd Children &
Family Services:**

<https://www.facebook.com/goodshepherdstl/events/>

Our Little Haven:

<https://www.facebook.com/OurLittleHaven/events>



**Interested in Adoption,
Foster Care or
Mentoring?**

We would love to hear from you! We always have kids in need of a loving home and mentors to provide support. To learn more, just call our inquiry line at 314-938-5690!



**NAVIGATING THE
HOLIDAYS CONT...**

Tips to support youths

2) Help alleviate their worry about loved ones and support communication where appropriate. Include the youth/s' photos in your own holiday traditions/ decorations.

3) Understand and encourage your youth/s' own traditions and beliefs. Incorporate their traditions into your own as much as possible.

4) Help the youth/s to make or purchase presents or make or send cards to their friends and loved ones. Help them to feel connected at this emotional time of year.

5) Have patience and understanding if your youth/s pull away or act out more. Grief, loss, overwhelm and trauma often bubble up more during the holidays.

Breathe. Release "shoulds" and expectations and meet youth/s where they are. ❤️



& Happy Holidays to all our families!

