

## **Coping through the Holidays**

Some helpful articles:

### **Phrases to Help Kids Cope with Holiday Disappointment During COVID 19:**

<https://www.mother.ly/child/how-to-help-kids-cope-with-holiday-disappointment-during-covid-19>

### **Help Kids Handle Holiday Disappointment:**

<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-handle-holiday-disappointment-during-covid-19/>

### **Helping Children Cope with COVID During the Holidays:**

<https://www.psychologytoday.com/us/blog/the-modern-child/202011/helping-children-cope-covid-during-the-holidays?amp>

### **When Holiday and Pandemic Stress Collide:**

<https://www.psychologytoday.com/us/blog/modern-mentality/202011/when-holiday-and-pandemic-stress-collide>

### **How on Earth do We Manage the Holidays?:**

<https://elemental.medium.com/how-on-earth-do-we-manage-the-holidays-af8faa076c6>