

## Bah Humbug to the Holiday Blues

- Be a Kid Again: rediscover the child from within and celebrate the holidays “old school style”. Make hot chocolate, watch movies, go caroling, build a snowman, read a book (non adoption related) => Think back to your childhood moments and go for it!
- Volunteer: Spread some holiday cheer by helping out those in need. Volunteering is a great way to be an active member of the community, and you will definitely feel better doing so.
- Take a Trip: Spend time doing activities, going on trips this season that may be difficult to do with a baby. Take lots of pictures and make a photo album to share with your child about how you celebrated the holidays before they came into your life.
- Start thinking about what traditions you want to have with your child when he/she arrives. Speak with other family members and friends about their childhood traditions and come up with ideas of your own.
- Make a special ornament and/or light a candle for the child that will come to you.
- If you are attending a family holiday celebration that is far away from your home, stay in a hotel near the extended family. That way you can leave if being around children is too painful.
- The holidays are a time of reflection. Recognize loved ones that have passed and enjoy your time with loved ones and family that are around.
- Be Fit and Fabulous: Holiday celebrations usually mean lots of food and sweets. Minimizing your portions and staying active will keep you in good spirits => and will make it easier to run around when the little one comes
- Let the holidays be a distraction to adoption stress. Time flies during the holidays which can be helpful during the wait.
- There’s a lot of joy to be found during the holidays-if you can minimize the heartache and maximize the fun! Make this time your own and have a great time.

## Say Bah Humbug to the Holiday Blues

*Happy and Healthy Holidays from FFTA  
Joy, Debbie, Vanessa, Dustin, Becca, Anna, Megan, Lizbeth*