



FAMILY GATHERINGS



Family gatherings are fun, but can also be overwhelming for young children. Here are three tips for preparing for, managing, and learning from family gatherings.

BEFORE THE GATHERING



- MAKE SURE YOUR CHILD IS WELL-RESTED.
- KEEP YOUR CHILD'S SCHEDULE AS NORMAL AS POSSIBLE.
- BRING COMFORT ITEMS YOUR CHILD NEEDS TO BE AT THEIR BEST.
- LET YOUR CHILD KNOW WHAT TO EXPECT BY TELLING THE STORY OF HOW THINGS WILL GO.

- REMIND YOUR CHILD OF THE RULES AHEAD OF TIME (ARE MASKS REQUIRED, IS HUGGING OK, ARE THERE LIMITS ON SWEETS?)
- TELL YOUR CHILD ABOUT ACTIVITIES, SCHEDULES, AND WHO YOU EXPECT TO SEE DURING THE GATHERING.
- BALANCE THE NEWNESS AND EXCITEMENT WITH ACTIVITIES THAT ARE PREDICTABLE.
- END ON A HIGH NOTE. KNOW WHEN IT'S TIME TO GO (EVEN IF THE EVENT IS NOT OVER).

DURING THE GATHERING



AFTER THE GATHERING

- HOW DID YOUR CHILD'S PARTICIPATION COMPARE WITH WHAT YOU HAD PLANNED?
- WHAT DO YOU WANT TO DO THE SAME OR DIFFERENTLY FOR THE NEXT FAMILY GATHERING?
- HOW DO YOU PLAN TO TALK WITH YOUR CHILD ABOUT THE EXPERIENCE?



Family, Infant & Preschool Program
of the
J.Iverson Riddle Developmental Center

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