

# 24 days of holiday fun



1

## DECORATE A CALENDAR

Get a calendar for the month of December and help your children decorate it with Christmas pictures and drawings for each day of the month. Have your little ones circle the 25th, then hang the calendar somewhere everyone can see it. Each morning, your children can mark an X on the day's date. The calendar will help them count down the days until Christmas.

2

## READ A CHRISTMAS STORY



Reading a Christmas story to your children while snuggled up on the couch is more than just a comforting activity. In addition to sparking their imagination, the physical contact, warmth, and feeling of security will help calm their excitement. Enjoying a book together will also develop their interest in reading.

3

## PLAY "I CAN'T WAIT FOR CHRISTMAS BECAUSE..."

Children always look forward to Christmas, and the excitement fills them with all kinds of emotions. The game "I can't wait for Christmas because..." is an opportunity for them to express everything they're thinking and feeling, from sincere hopes and crazy dreams to little things they're worried about. Continue the game by taking turns saying why you can't wait for Christmas.

4

## MAKE A PAPER FEAST



Browse through supermarket flyers and make a game of cutting out pictures of turkeys, meat pies, cranberries, Yule logs, and fruitcake. Then, have your kids arrange the pictures on the dining room table as if it were Christmas dinner.

5

## WRITE A LETTER TO SANTA



Don't miss out on the joy of writing letters to Santa with your kids. Especially because, thanks to the elves at Canada Post, Santa answers all the letters he receives—as long as you mail them by December 12 and include your return address on the envelope. Here's where to send them to: Santa Claus, North Pole, H0H 0H0, Canada.

6

## SEND A CHRISTMAS CARD



Let your child choose the person they want to send a card to, then help them make a personalized card that includes a picture of them or one of their drawings. Your baby's hand- or footprints are another great way to decorate a Christmas card!

7

## RING THE CHRISTMAS BELL



Grab your little one under the arms and swing them between your legs while calling out: "Ding-dong!" If you have two kids, they can stand back to back, arm in arm, and swing like a bell.

8

## SING CHRISTMAS CAROLS

Nothing beats songs and nursery rhymes when it comes to enriching your kids' vocabulary! Get into the holiday spirit by singing Christmas-themed nursery rhymes. Once they reach the age of 3 months, you can bounce them on your knees along to the rhythm. Fun and laughter guaranteed!

9

## TRIM THE TREE AS A FAMILY

Whether your tree is big or small, real or artificial, your children will love decorating it with Christmas baubles and garlands. It doesn't matter if the tree is a little crooked or loaded with too many ornaments—the main thing is to have fun as a family. And just think how proud your little ones will be to have helped!

## 10 DECK THE HALLS



Your kids are sure to love making bows, angels, stars, baubles, and garlands to decorate your windows, doors, and fireplace. With some tape, cardboard, tin foil, fabric scraps, and a little help, they can make their own ornaments.

## 11 DRESS UP LIKE RUDOLPH THE RED-NOSED REINDEER



Feel like getting off the sofa and having a good laugh? Paint your and your kids' noses red and sing "Rudolph the Red-Nosed Reindeer" together while galloping around the room. This activity is even funnier if you make antlers out of cardboard and attach them to toques.

## 12 PLAY SCARF TAG



Tuck a scarf into the back of your pants, leaving one end hanging out, and help your kids do the same. Next, start chasing each other while trying to grab each other's scarves. Make sure not to lose your own!

## 13 PLAY HIDE-AND-SEEK

Close your eyes and tell your kids to go hide. Count to 10 before you start looking for them. Once you've found them, switch roles. You can also play the game by hiding a toy somewhere at home. Help your little ones out by saying "You're getting warmer" as they near the hidden object and "You're getting colder" if they're getting farther away.

## 14 FILL SANTA'S BOOTS

This is a game you can play either indoors or outdoors. Start by having your children stand a few metres away from you. Then ask them to pretend to put on Santa's big boots and walk over to you by taking giant steps or baby steps, depending on your instructions.



Christmas is a time for family gatherings. But it's not always easy for your little ones to remember who's who! Why not take a moment to let them know who's coming to the party? Showing them pictures of their grandparents, aunts, uncles, and cousins will help them figure out who everyone is.

## 16 MAKE A GIFT FOR A LOVED ONE

The holidays are a great time to teach your little ones the joy of giving! You can help them make a small gift for someone they love, such as a drawing or collage to put in an envelope for a sibling or grandparent.

## 17 GO SEE THE CHRISTMAS LIGHTS IN YOUR NEIGHBOURHOOD

By mid-December, it gets dark by late afternoon. That's the perfect time to head outside and let your kids experience the magic of Christmas. Your little ones will love walking (or being pushed in a stroller) through the neighbourhood to see all the Christmas lights.

## 18 SORT THROUGH YOUR KIDS' TOYS

The lead-up to Christmas is the perfect time to go through your children's toys. Ask them if there are any toys they no longer use and that they'd be willing to give away. Pack up the old toys in a box and bring your kids along to drop it off at your local fire station or community centre.

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## DANCE TO CHRISTMAS MUSIC

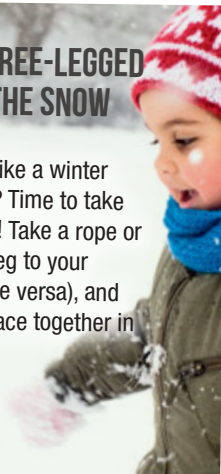


Just a few more days until Christmas! To relieve tension and simply let loose, crank the Christmas tunes and bust a move or two with your kids while clapping your hands.

20

## RUN A THREE-LEGGED RACE IN THE SNOW

Is it starting to look like a winter wonderland outside? Time to take your kids out to play! Take a rope or scarf, tie your right leg to your child's left leg (or vice versa), and run a three-legged race together in the snow.



21

## CELEBRATE THE WINTER SOLSTICE

To celebrate the first day of winter, why not make paper snowflakes with your kids? Cut a circle from a sheet of white paper and fold it first in half, and then in quarters. Cut out little shapes along the edges. When you open it up, presto—you have a snowflake! Have your children stick their creations to a window.



22

## GUESS WHAT'S IN THE STOCKING



Take some Christmas stockings and fill them with various objects (mittens, candy canes, figurines, plastic Christmas baubles, etc.). Tell your children to stick their hands into a stocking, grab an object, and try to guess what it is.

23

## BAKE CHRISTMAS COOKIES



On Christmas Eve, don't forget to leave out a plate of cookies for Santa. Your children will love helping you bake some! For kids, cooking is like playing or doing arts and crafts. They can pour the flour into a bowl, mix the ingredients, shape the dough with cookie cutters, and decorate them with sprinkles or icing.

24

## RELAX WITH CHRISTMAS TICKLES

At last, it's Christmas Eve! Find a soft Christmas garland or ribbon and use it to tickle your little ones' feet, neck, and back. Switch roles. You'll feel all your stress and tension melt away as if by magic.

