



ISSUE 22 WINTER EDITION

Bringing Out the Best

SUPPORTING THE SOCIAL & EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN IN
GUILFORD COUNTY



Holiday Traditions

Help children develop emotional connections to others!

These are joyous moments that create loving memories that stay with them throughout life!





BOB SHARES THEIR HOLIDAY TRADITIONS



“Fondue on Christmas Eve, followed by watching Elf as a family” ~Janet Howard, Director



“Going to the Carolina Theater to see at least one of their holiday movies”
~Mary Jordan, EC Specialist

“Watch Home Alone and/or Elf, play Boston Pops Orchestra while opening presents on Christmas morning”
~Catherine Adcox, EC Specialist

It's a busy time of year!

Here are tips to help you and your child get the most out of this holiday season.

[Click Here](#)

To download NCPMI- Making Life Easier Holidays: Strategies for Success



Holidays: Strategies for Success

While the holiday season is filled with enjoyable activities, events and traditions, it can also be a hectic and stressful time. Travel, shopping, loud music, bright lights, unfamiliar food, and busy schedules can turn typical routines upside down! The disruption to routine can be particularly difficult for children who depend on routine and predictability to engage in appropriate behavior. The following tips will help ensure that the holiday season is enjoyable for you and your child.



Tip: Prepare your child for changes.

Talk to your child about changes to the schedule and environment. Look at pictures from previous holidays and talk about what happened during those events. Also talk about this year's special programs and about behavior expectations, e.g., "we will sit and listen quietly during the presentation...when the program is over, we will go to the lobby and have some cookies and punch." Discuss upcoming trips several days before the departure date. Let your child know when you will be leaving, where you will be going, and what you

RECIPE



IDEAS

Find easy recipe ideas to make with your kids! Have fun making these yummy treats while making new holiday memories!

[CLICK HERE](#)



Christmas Brownie
Trees



Gelt Peanut Butter
Blossoms



Miniature
Yule Log Yodels

UPCOMING PARENT & TEACHER TRAININGS

VISIT OUR WEBSITE FOR
TRAININGS OFFERED THIS
WINTER AND SPRING!



<https://bringingoutthebest.uncg.edu/training/>



More Parenting Resources are available here!



ASK BOB 

GUILFORD COUNTY PARENTS AND EDUCATORS
OF CHILDREN BIRTH THROUGH 5 YEARS OF AGE

**HAVE BEHAVIORAL
CONCERNS WITH YOUR
CHILD?**

Call the ASK BOB
line to speak with
an Early Childhood
Specialist for
behavioral support
or referrals.

ASK BOB
336-334-5436



**CLICK HERE FOR TIPS
TO CONNECT WITH
INFANTS AND
TODDLERS USING "THE
BASICS"**

**Basics Tips
Email Opt In** **Basics Insights
Text Opt In**



A sincere thanks to our 2024 funders!



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WE WISH YOU HAPPY
HOLIDAYS!