

# Resources

How to support your child's mental health during the holidays

<https://www.familymeans.org/articles/2021/12/17/how-to-support-your-childs-mental-health-during-the-holidays/>

Coping with Holiday Stress: 11 Parenting Tips

<https://www.mghclaycenter.org/hot-topics/coping-holiday-stress-2/>

How to Prevent Holiday Stress and Anxiety in Children

<https://www.verywellfamily.com/holiday-stress-and-anxiety-in-children-620516>

Children and Holiday Stress

<https://www.aahealth.org/children-and-holiday-stress/>

How to Make Holidays Kid-Friendly

<https://childmind.org/article/how-to-take-the-stress-out-of-the-holidays/>

Cómo eliminar el estrés de los días festivos

<https://childmind.org/es/articulo/como-eliminar-el-estres-de-los-dias-festivos/>

Mental Health and the holidays: Stress for Kids

<https://newsnetwork.mayoclinic.org/discussion/mental-health-and-the-holidays-stress-for-kids/>