



# Setting Boundaries around the Holidays

Holidays are supposed  
to be a time of  
celebration... why can  
they be so difficult to  
navigate?



# Examples of Holiday Boundaries:

Clearly communicating your needs and expectations

Feeling empowered to skip, go late, leave early to holiday parties

Saying yes because you want to, not out of obligation

Sticking to your budget

Deciding not to host a holiday event this year

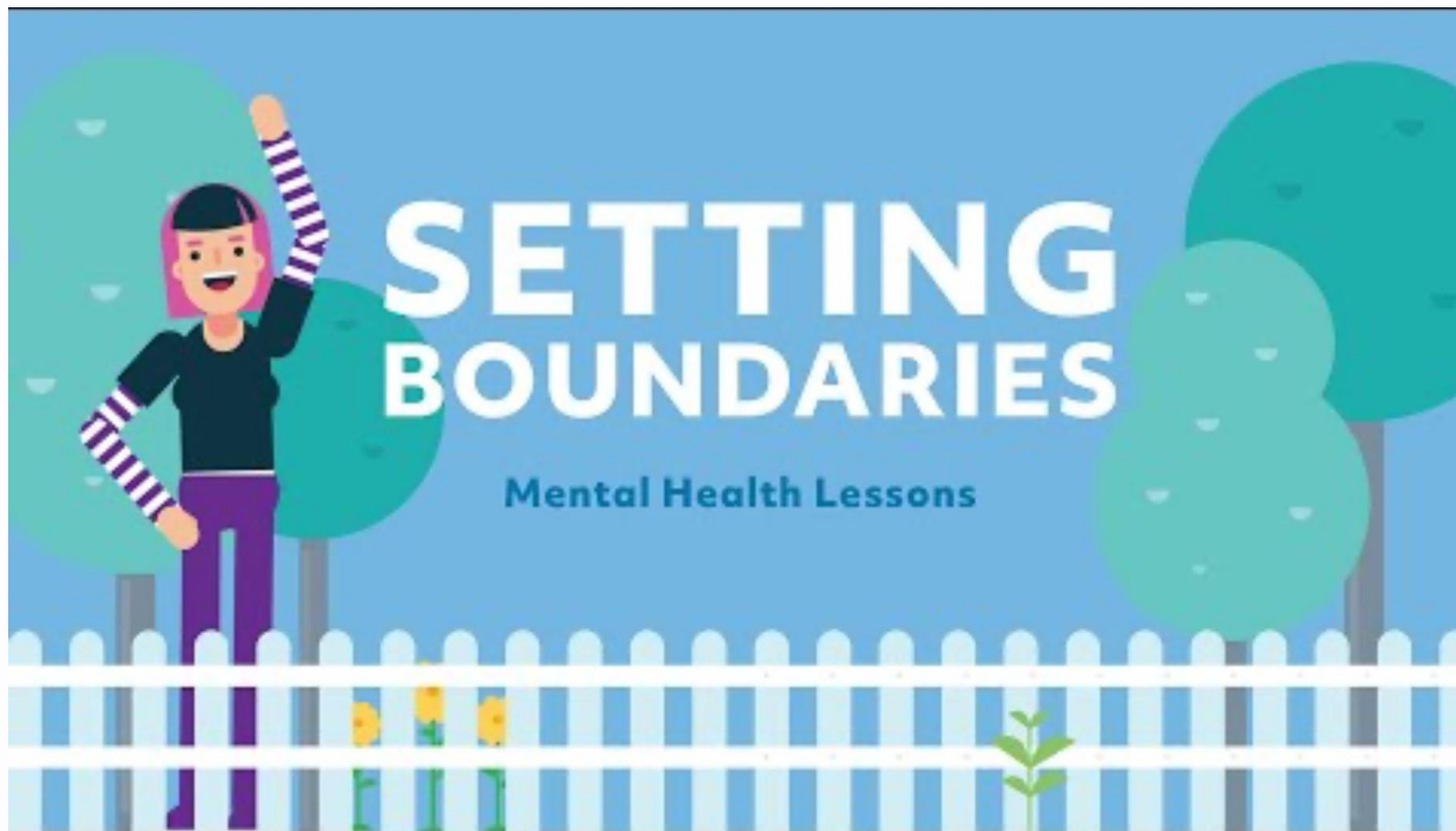
Discussing your child's preferences for the holidays

Choosing your own family holiday traditions



# Boundaries

<https://youtu.be/Gf4FIt5DG4g?si=UhQ4tuHli7mqAamm>



Kinship Caregivers Connect





# Types of Boundaries You Can Set

Limits with  
yourself

Limits with  
other

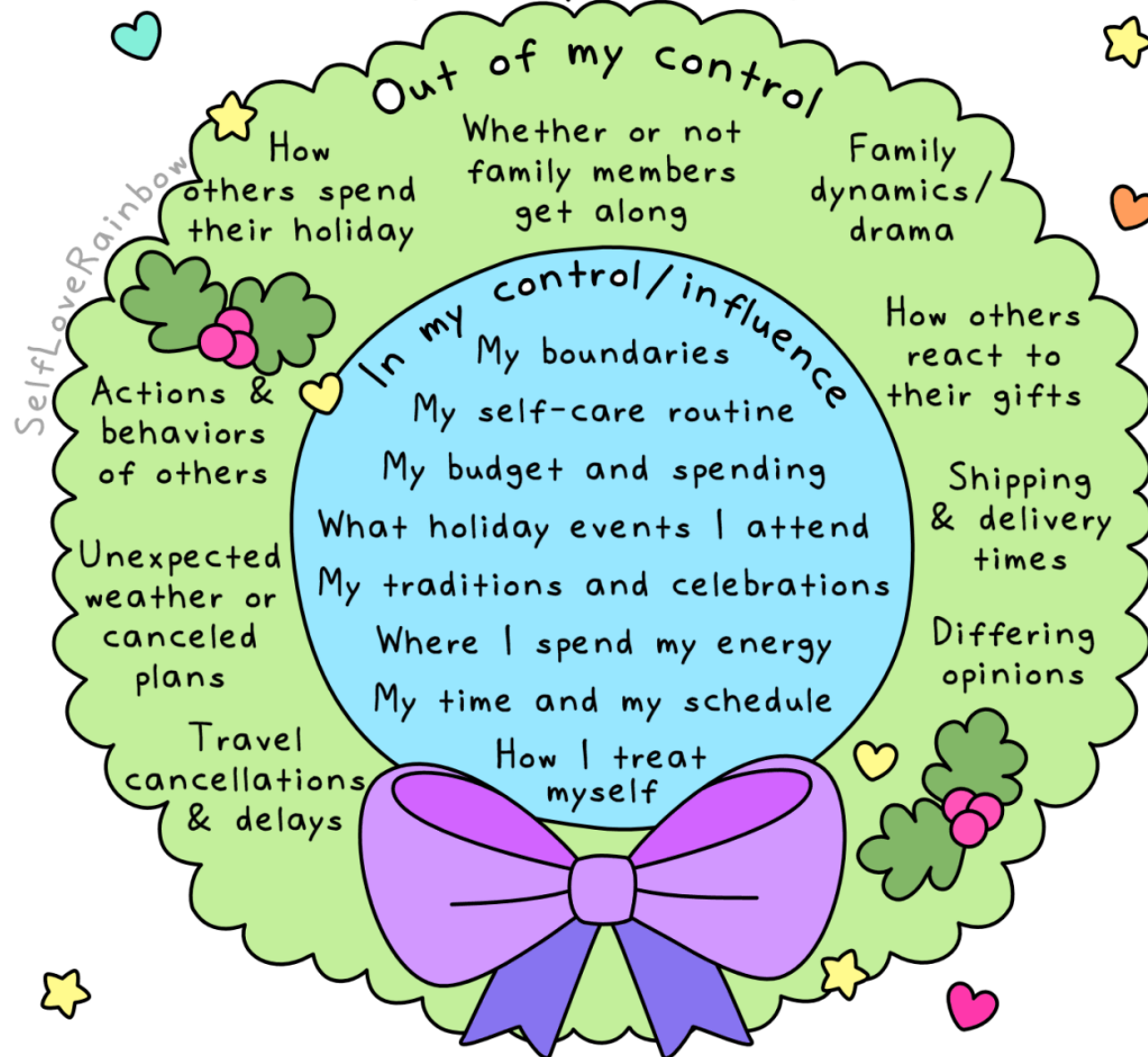
Saying No

<https://betterboundariesworkbook.com/boundaries-for-the-holidays/>



# The Circle of Control

(Holiday Edition)



<https://www.selfloverainbow.com/holiday-circle-of-control/>



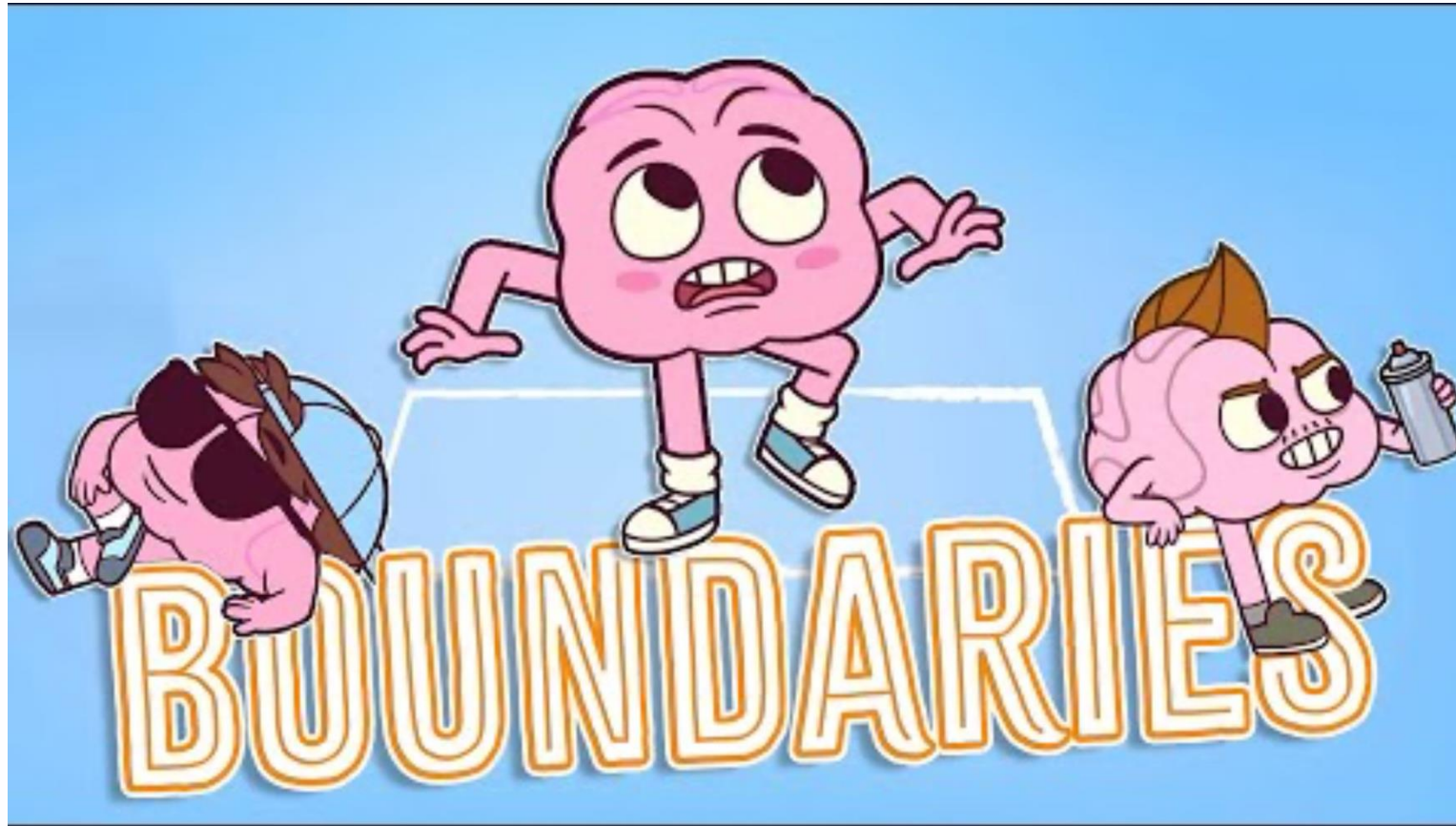
# Some topics to discuss with your child/teen:

- What they are looking forward to, their preferences, and expectations
- What may be difficult for them around the holidays, including family dynamics and birth parent involvement
  - Acknowledging ambiguous loss
- Plans for the upcoming holidays
- Setting their own boundaries (as age appropriate)
- **Creating a space where your child feels safe (prevention)**
- **A plan if boundaries are crossed and/or they feel upset/triggered**



# Talk to your Child/Teen about their Boundaries

<https://youtu.be/pC5FtPX6Ngg?si=W-yl95GyQlCUrFjY>





What is one boundary/  
limit you can set for  
yourself?



What is one boundary/  
limit you can set for  
someone else?



What is something you  
can say no to?




How can you help the  
children/ teens in your  
care better navigate the  
holidays?



★ I WILL  
CELEBRATE  
COURAGE  
EVEN IN ITS  
SMALLEST  
SHAPES





for whatever

feelings are rising up,

be gentle with yourself

THERE ARE TIMES  
IN LIFE WHERE ALL  
YOU CAN SAY IS  
"I AM DOING  
WHAT I CAN"  
...AND THAT IS  
OKAY.