



AREA HEALTH EDUCATION CENTER OF SOUTHERN NEVADA

FOR IMMEDIATE RELEASE

CONTACT: Debbie Ruiz, Child Abuse Prevention Program Manager
PHONE: 318-8452

DATE: December 12, 2007

Holiday Season- Advice for Parents

Las Vegas, NV- The holiday season is almost upon us which brings a host of additional stress on top of very busy lives. Holiday shopping, cards, decorations and family visits top the list of major stresses for the upcoming festive season. To avoid tenuous situations follow a few ideas to control stress and prevent flash-anger injuries. Be realistic in your gift giving and holiday expectations. Just because your child wants several different toys, it is ok to say 'Santa is on a budget this year' to avoid the financial stress of buying gifts one can not afford. Instead focus on family traditions that do not cost a lot, baking, caroling and ornament decorating. Just say 'no' to multiple invites, whether they are time, money or talent commitments. Keep things simple.

Following these few simple suggestions can help you avoid feeling even more stressed out for the holidays which can lead to preventable verbal and physical abuse of those who love the holidays the most, children. During the holiday season the incidents of child maltreatment increases due to financial stress, seasonal rush and work obligations. Remember take time out if you feel you are losing control of yourself or the situation.

Five signs that you need to decrease your holiday stress are: irritability, losing sleep, losing or gaining weight and feeling tense, muscle and/or headaches and a sense of feeling overwhelmed.

Area Health Education Center of Southern Nevada has more information and tips regarding parents coping with holiday stress and as Nevada's Chapter of Prevent Child Abuse America (PCA Nevada), AHEC is charged with the mission "To prevent child abuse and neglect in Nevada through early intervention, awareness, and education". PCA Nevada coordinates child abuse prevention efforts and activities, and provides legislative advocacy for child abuse prevention.

For more information regarding holiday stress busting tips and preventable injuries please contact Debbie Ruiz, Child Abuse Prevention, Program Manger at 318-8452 or visit us online at www.snahec.org.

Happy Holidays!

www.snahec.org
(702) 318-8452 (Fax) 702-318-8463
1094 E. Sahara Las Vegas, NV 89104