

Raising Likeable, Responsible, Respectful Children in an Age of Overindulgence

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Ideas No. 21-30 to Help You Stop Overindulging Your Children This Holiday Season

By David Bredehoft

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21. SAY "NO" TO SOME OF THE HOLIDAY INVITATIONS

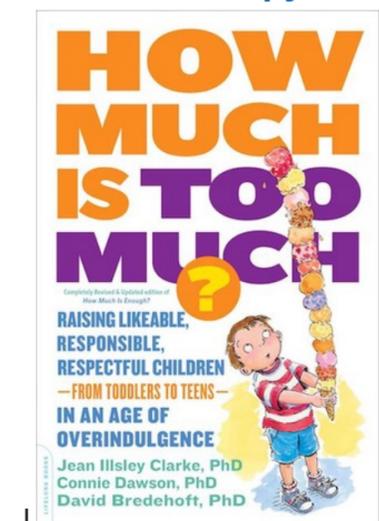
We decided to say "no" to a lot of the invitations and activities of the season. We decided what the most important things about the holiday season were and then selected one adult-only activity for the month of December, and prioritized the rest of the family activities. **Submitted by Bonnie Buckley**



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22. MAKE A NEW YEAR'S RESOLUTION

Make a new year's resolution to overindulge your children less this year and to reread "[How Much is Too Much?](#)" to understand what to do instead. **Submitted by David Bredehoft**

How Much is Too Much?

How Much is Too Much? is the only book on overindulgence with scientific support that tells parents and professionals what to do instead.

Order Paperback or ebook on [Amazon.com](#) or [BarnesAndNoble.com](#)

23. READ UNPLUG THE CHRISTMAS MACHINE

I'd recommend the book [Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season](#) by Jo Robinson, Jean C. Staeheli. An especially good time to read it is right after the holidays when everything is fresh in your mind and there is time to evaluate how things went for your family and reflect on what you might want to do next year. **Submitted by Bonnie Buckley**

24. CREATE A GIFT SUGGESTION NOTEBOOK

When my youngest son was 3 1/2 he wanted everything he saw or heard about during the holiday advertising bonanza. He would come running to show me the latest item in a catalog or to tell me about an item from a TV ad. At first I tried to reason with him about the pluses and minuses of each item and to remind him of the limit our family had on presents. I quickly realized that this strategy was not working. Instead, I got a little notebook and started writing down each of his suggestions. He still came running to me several times a day with a new gift item but was satisfied to have me add this to his list. He didn't really want all these things; he just wanted me to listen to his ideas. When the holiday rolled around, we had nearly filled the little notebook with gift possibilities. Yet he was happy with those few special things that he actually received. **Submitted by Kathie L. Dormanen**



25. MAKE PUTTING UP HOLIDAY DECORATIONS SPECIAL

Make the time you spend putting up holiday decorations a time to spend with the family in doing so choose to make it a fun family activity rather than a holiday duty or chore. **Submitted by Leanne Weyrauch**

26. MAKE YOUR OWN CHRISTMAS WRAPPING PAPER

We make our own wrapping paper with inexpensive roll paper, sponge shapes and paint. **Submitted by Cindy Gardner**

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27. PLAN WAYS FOR THE WHOLE FAMILY TO CARE FOR OTHERS

First, take half or more of the money that would normally be spent on presents in the family and spend it on presents for those in need. Going shopping could be a family event. Second, draw names for Christmas in the family and put a limit on the amount of money spent. Third, give back to the community: soup kitchens, habitat for humanity, United Way, etc. **Submitted by Melissa Melby**

28. WATCH FAVORITE MOVIES ALL DAY

One of my son's favorite holidays is when we watched movies all day and just ate pizza and sat by the fire. Works for me - don't need to spend the day in the kitchen making a meal nobody really wants. **Submitted by Eileen Piersa & Steve Dahl**



29. LOWER STRESS BY STAYING HOME FOR CHRISTMAS

We also decided that visiting all the far away relatives was very stressful on our family and children at Christmas. It was such an exciting time for the kids and then all the travel just about put everyone over the edge. So, we decided that the relatives were welcome to visit us at the holidays and that we would travel to visit them in the summer when we had more time and excitement was less intense (also the weather was better!). **Submitted by Bonnie Buckley**

30. CREATE A CULTURE OF KINDNESS IN YOUR HOME

Teach by example. Children learn what they see. Show kindness. Look for opportunities to demonstrate kindness. Talk about kindness. A quote by Steven Walton says it all, [“By role modeling kindness and encouraging them to open their hearts to others and act kind at all times they will develop an unconscious habit that will become second nature to them.”](#)

Look for 10 more great ideas to come next week.

There is more help about avoiding overindulgence in [How Much is Too Much? Raising Likeable, Responsible, Respectful Children – From Toddlers To Teens – In An Age of Overindulgence](#) (2014, DaCapo Press Lifelong Books).

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