

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

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Ideas No. 41-50 to Help You Stop Overindulging Your Children This Holiday Season By David Bredehoft

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During the last three weeks I shared 40 ideas to help parents curb overindulgence during the holidays. **HERE ARE IDEAS 41-50 DESIGNED TO HELP STOP OVERINDULGING YOUR CHILDREN DURING THE HOLIDAYS. Please open your FaceBook Page and then click our share button in the upper right hand column of this page to share this with your friends.** (click here to download a free pdf copy of this blog)

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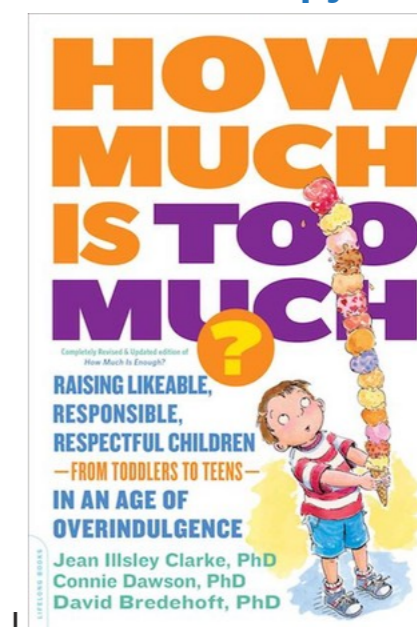
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41. WATCH YOUR FAVORITE CHRISTMAS MOVIES AND MORE

Spend time with the people you love. Do things together as a family that you love to do. Decorate the house, play games, listen to holiday music, or watch a favorite holiday movie together like "[White Christmas](#)", "[Love Actually](#)", "[The Holiday](#)" or "[A Christmas Story](#)". If you don't own them check them out free from your local library or tape them on your DVR for playback at your convenience.

Order Your Copy Today



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](#)

42. SLOW DOWN

Savor your conversations with friends and family. Look for opportunities to sit and talk with neighbors and family, especially people you don't see much of throughout the year.

REMEMBER - SLOW DOWN.

43. PAY IT FORWARD

Share your time or money. Acts of kindness not only help others, they change your soul. Volunteer and help feed the homeless at a place like the [Dorothy Day Center](#). "Adopt" an older person who's alone during the holidays or invite family to contribute to a charity like the ["Heifer International"](#). Together you could buy a flock of chickens, or even a goat for a family in Africa.



"Giving an animal is like giving someone a small business" Heifer International

Click here for related story: [Ideas No. 11-20 to Help You Stop Overindulging Your Children This Holiday Season by David Bredehoff](#)

44. REMEMBER "ADVERTISING WORKS" LIMIT TV

[Put limits on how much TV your children watch](#) during the holidays! Advertising works. You are in control of how much TV your kids watch, and how many advertisements they see. Use the parental controls on your smart TVs. [Make rules about TV watching and enforce and follow them](#). I encourage you to read and follow the Mayo Clinic's suggestions in ["Screen Time and Children - How to Guide Your Child."](#)

45. READ CLASSIC CHRISTMAS BOOKS TO YOUR CHILDREN

If you do not already own them, go to the library and check out a dozen or more children's classic Christmas books such as [The Polar Express](#) by Chris Van Allsburg, [How the Grinch Stole Christmas](#) by Dr. Seuss, [Rudolph the Red-Nosed Reindeer](#) by Rick Bunsen, and [The Berenstain Bears and the Joy of Giving](#) by Jan Berenstain. For a list of additional titles check out [Top SoKind Holiday Books for Children](#). Read a new one to your children each night before they go to bed. You and your children will enjoy the stories anew!

46. TAKE THE PLEDGE TO SIMPLIFY THE HOLIDAYS

Go to the [simplifyholidays.org](#) and take their pledge: ["This holiday season, I pledge to focus on more of what matters and less of what doesn't: More love and less waste...More fun and less](#)

[stuff... More joy and less stress.](#) Check off 3 or more options specifically designed to help you follow this pledge.

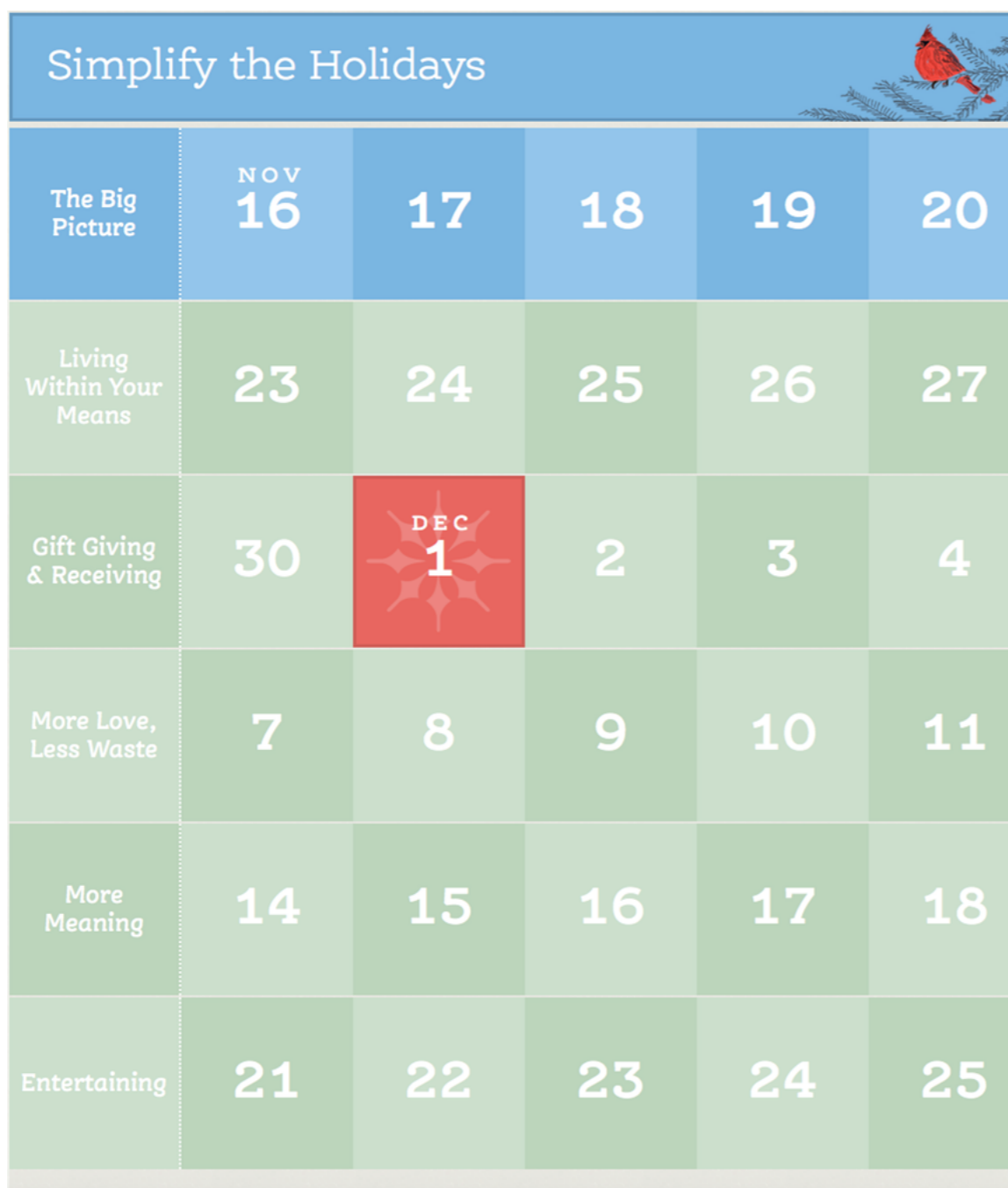
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47. GO ON A FAMILY POST CHRISTMAS SHOPPING TRIP

Christmas was a very busy time in the Bredehoff household when I was growing up largely because my dad was a Lutheran pastor and he had to conduct services Wednesday before Christmas, Christmas Eve, and Christmas Day. Add to this holiday parties and my birthday on December 29.....there was little time to shop for gifts for all of us. So mom and dad came up with a wonderful idea - a **Family Post Christmas Shopping Trip!** They gave each of us children a set amount of cash. Then on the first shopping day after Christmas we hit the mall as a family. Deep discounts abounded! We got great bargains! Most of all we learned to stay within a budget! Afterward we headed home and had a wonderful time doing show and tell as a family! **Submitted by David Bredehoff**

48. DOWNLOAD THE "SIMPLIFY THE HOLIDAYS CALENDAR"

A wonderful resource for families is the [Simplify the Holidays Calendar](#) from The Center for a New American Dream. Each week has a theme like "Living Within Your Means" and More Love, Less Waste". Within each week's theme you will find specific suggestions like ["curbing the gimmies"](#) and ["staying on a budget"](#). It is free, just download it.



Simplify the Holidays					
The Big Picture	NOV 16	17	18	19	20
Living Within Your Means	23	24	25	26	27
Gift Giving & Receiving	30	DEC 1	2	3	4
More Love, Less Waste	7	8	9	10	11
More Meaning	14	15	16	17	18
Entertaining	21	22	23	24	25

Click on image to download this interactive calendar from New American Dream

49. STOP UNWANTED JUNK MAIL

Everyone is inundated with catalogs and junk mail especially during the holiday season. They are trying to sell you things! One helpful idea is to stop the junk mail before it even arrives.

[Simplify Your Life and Stop the Junk Mail for Good.](#)

Click here for related story: [Ideas No. 31-40 to Help You Stop Overindulging Your Children This Holiday Season by David Bredehoft](#)

50. REFOCUS ON THE REAL REASON FOR THE SEASON

Refocus on your true family's values. No matter what your family's traditions and values are, I think we all can agree on the following sentiment expressed by Hamilton Wright Mabie:

[“Blessed is the season which engages the whole world in a conspiracy of love.”](#)

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).

Photos from Amazon, Heifer International, and The Center for a new American Dream

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