



## MY HOLIDAY SURVIVAL PLAN

**Strategy 1:** What's my plan for holding a pre-break family meeting? When and where will we have it?

**Strategy 2:** What obligations do I need to include in my holiday calendar?

**Strategy 3:** When (and where) will we hold our Daily Check-Ins? What's the plan?

**Strategy 4:** What items are on my "holiday break To Do" list? (Write them *all* down and then come back to this list later to cross some items off.)



**Strategy 5:** What are 3-5 personal conscious maintenance or self-care items I can commit to doing regularly (at least one per day) over the break?

**Strategy 6:** What is a positive reframe or mantra that I can rely on to help me navigate difficult moments with my child?

**Strategy 7:** What situation(s) should I create an emergency plan for? What is my plan regarding the 5 elements (communication, evacuation, emergency kit, shelter-in-place, safety in training)?

**Strategy 8:** Who could be part of my “help squad?”



**Strategy 9:** What changes, if any, will I make to our screen time policies over the break? How can I be self-compassionate and let go of guilt I may feel about this?

**Strategy 10:** What are some activities we can do on days when we need to ditch the plan and shake things up to reset the dynamic?