



The December Dilemma: A Look at Seasonal Stress, Materialism and Family Traditions

- **Moving away from commercialism and materialism.**
- **Managing parent and child expectations.**
- **Identifying and living your family's values.**
- **Establishing meaningful family rituals and traditions.**

Presented by Jomary Hillard, Ph.D.

Jomary Hillard, Ph.D., is a licensed psychologist. She received her Ph.D. from the University of California, Los Angeles. She then completed postdoctoral training through the Department of Child Psychiatry at Stanford University. She has contributed to text books on parent education and is an experienced lecturer in the field of child development. In addition to her fifteen years of experience in parent education with the Children's Health Council, Hillard has a private practice for children and adults in Palo Alto. She and her husband have three adult sons.

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Workshop Outline

What 21st Century Kids Need This Season

In many cultures and traditions throughout the world and throughout history, the winter solstice has been a time of reflection, generosity, gratitude and celebration of the triumph of light over darkness. What children remember and value over time are experiences that emphasize closeness, warmth, light and hope through family rituals and traditions.

Materialism: How Less Can Be More

Suggestions on how to increase the love and joy that go into giving and getting. Which intangibles mean the most to children, and how to make these most prominent in the gifts we give.

How to Make December a Time of Meaning and Growth

Whether you:

- **Celebrate Christmas**—creating Christmas traditions focused on kids' greatest needs
- **Celebrate Hanukkah**—defining and celebrating identity
- **Celebrate Both**—celebrating the richness of a multi-faith family
- **Celebrate Neither**—sowing seeds of love and joy through the closeness, warmth, light and hope to be found in secular traditions

“What we need and long for now are the gifts of time, meaningful family connections, periods of silence...”

Bill McKibben

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Recommended Books

Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season

By: Jo Robinson and Jean Coppock Staeheli

Caring for the Family Soul

By: Amy Dean

Something More: Nurturing Your Child's Spiritual Growth

By: Jean Grasso Fitzpatrick

Kindling the Flame: Reflections on Ritual, Faith, and Family

By: Roberta Israeloff

The Shelter of Each Other

By: Mary Pipher, Ph.D.

Hundred Dollar Holiday : The Case For A More Joyful Christmas

By: Bill McKibben

Celebrate Simply: Your Guide to Simpler, More Meaningful Holidays and Special Occasions

By: Nancy Twigg