

Keeping kids calm

Children love christmas and if my children are anything to go by, they all get very excited and rather hyped up before christmas, especially on christmas eve. Here's how we controlled their excitement this year.

On christmas eve morning, we all made cookies for Santa together as a family.



After this, we felt it was most important to get out, whatever the weather was doing!! After the horrendous storm the night before, luckily the rain had stopped and the winds had calmed down, but there were enormous puddles!! All adding to the fun. We met some friends and all went for a scoot to the park. It is surprising how much fun you can have in a very wet playground.



The puddles were huge and we found worms swimming about on the bottom of the slide. The children loved wading through and splashing about in the puddles together. I think they played with the puddles more than the play equipment.





The children had lots of laughs and giggles together with their friends, burnt off loads of excited energy, got very muddy and soaking wet. We actually poured water out of their wellies. By the time we got home, the children had to get straight in the bath (before lunch) and were so loving their new pyjamas they got that morning, they dressed in their PJ's. That has got to be the earliest getting ready for bed ever!!!!

After lunch it was time for some family games.



This was followed by some den building in the lounge and all snuggling up together in our den to watch Muppets Christmas Carol.





This was a fantastic day with lots of quality family time and fun.

My plan to keep the children busy together really worked well and everyone stayed calm (relatively) and well behaved all day. I am one happy mummy! I would recommend this routine anytime of year, when needing to keep children calm. It took effort, but lovely effort, after all, this is what family is about.

Then after bedtime.....Santa came..... :)

