

To receive one training credit, please read the corresponding article and answer the questions below. Return the answer sheet to Community Impact Programs, Attn: Foster Parent Trainer at:

If licensed in Racine County: 800 Goold Street, Racine, WI 53402

If licensed in Kenosha County: 2108-63rd Street, Kenosha, WI 53143

Date: _____

Foster Parent Name: _____ Phone #: _____

Address: _____ City, State, Zip: _____

Holiday Stress Questions

1. Why can the time around the holidays be sad for people?
2. What is an additional stress that children face during the holidays that adults do not often realize?
3. What are some things you can do to keep the expectations for the holiday season manageable?
4. How can you help your children do their holiday gift planning?
5. Sticking to a daily routine is especially important for young children. T or F
6. Why are family traditions for the holidays important to maintain?
7. Everyone needs to take a _____ during the busy holiday season to relax.
8. Name some enjoyable activities you and your children can do during the holidays that are free or low cost.
9. It is a good idea to plan a long, extended trip during the holidays to see everyone in your family all at one time. T or F