

## Tips for Making the Holidays after a Divorce Enjoyable for You and Your Kids

While many people's favorite time of the year, the holiday season can also be rife with frustrations and stress. Whether it's trying to coordinate family schedules, find the perfect gift, bake the perfect dinner, or any other number of activities and tasks that we take on during the holidays, the holidays can seem overwhelming at times.

This can be even truer when you are going through a divorce or have been through one already and are trying to figure out how this will affect your family's holiday season. One of the main causes of stress during the holidays when you are divorced is how to make sure your children enjoy their holidays to the fullest. There are many reasons that you may worry about making the holidays enjoyable for your children, such as:

- Staying on budget, which can be more difficult as a single parent
- Coordinating schedules between you and your ex-spouse
- Deciding when the kids will spend time with each parent
- Traveling to other friends and family members' homes for the holidays

Fortunately, being aware of these and other holiday stressors can help you better prepare for the holidays and come up with ways to make sure the holidays are as enjoyable as possible for you and your children. Some tips that you can use to best ensure that you and your children have a happy holiday include the following:

- Start planning early. If you start planning for gifts, outings, trips, and other holiday-related activities or tasks earlier in the year than usual, you can slowly get prepared, rather than rushing to get everything done at the last minute. This can also be helpful as you can talk to your ex-partner earlier, giving them time to make plans and for you to both work around each other's schedules and plans. This can usually help to greatly reduce your stress and worry, therefore increasing your happiness. As children are typically very aware of their parents' feelings, this will significantly help your children to better enjoy the holidays.
- Make concrete plans and agreements with your ex-partner. By putting as many plans down in writing as possible and making sure they are specific, you can prevent future disagreements and fights from happening. This drastically cuts down on frustration and stress and prevents your children from becoming unhappy or upset because their parents are fighting.

In certain cases, it can be very helpful to enlist the support of a compassionate and skilled [divorce lawyer](#) or divorce mediator to help you draft documents outlining all your agreements and plans for the holidays with your ex-spouse.

While being divorced during the holidays holds its own unique stressors and complications, there are many ways you can take steps to still make these holidays enjoyable for your whole family.