

You Are Their Favorite Gift

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I don't remember what presents I received when I was five, eight or fifteen. I do remember our family tradition of each child taking a photo with their gifts after we finished opening them. I remember the train ride one

December across the country to spend Christmas with aunts, uncles & cousins. I remember evening adventures to drive through specific neighborhoods and marvel at sparkling holiday decorations. I remember the boxes of chocolates that we received each Christmas from my grandparents (mother's parents)--my sisters and I would use toothpicks to poke the bottom in order to avoid the liquid jelly fillings that we didn't like.

I'd like to reshare a post that I have used before. It isn't mine--the author is an unknown teacher. As a former teacher, parent and now grandparent, I definitely resonate with the message of paying attention to the memories that we create this holiday season.

Dear Parents & Grandparents,

I know at this time of year the sounds, smells and decorations of Christmas are everywhere. As a parent, there is pressure to make a perfect, magical experience. You want to create lasting memories and give your children the best gifts possible. Sometimes that means a lot of stress on you to get everything done. You may wonder how you can afford to buy all that their hearts' desires or how you will possibly have enough time to fit everything in.

I want to tell you a secret. Every January, when your children come back to school, they tell me all about the Christmas holidays. I hear about the day that everyone stayed in their pajamas and watched favorite movies. They tell me about walking together in the freezing cold to get something at

McDonalds. They remember driving around looking at the best decorated houses and having hot cocoa afterwards.

I hear about the morning that you didn't have to go to work and how everyone snuggled together in your bed. Or about the days that they stayed at Grandma's until you came back from work. They tell me about visiting cousins that they haven't seen for a long time and how they stayed in a hotel with a pool. Sometimes, I hear about how they visited friends on New Year's Eve and they got to stay awake until midnight. Or how it snowed and everyone had a huge snowball fight!

Usually they mention their presents, but for them Christmas is about you and your love, time, routines and feeling safe. **You are their favorite gift!**

To purchase my book on Amazon for a SPECIAL PRICE THROUGH

DEC. 30--\$7.99 paperback/\$2.99

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.