

TGED_Xmas special.mp3

Anonymous Female Voice: [00:00:02] A LiSTNR production.

Maggie Dent: [00:00:04] This podcast was recorded on the ancient lands of the Gadigal peoples of the Eora nation in Australia. I wish to acknowledge the rich and continuing culture, and especially pay respect to the elders past, present and emerging, and to acknowledge and pay respect to any First Nations people from anywhere in the world who may come to hear this podcast. We hope that we may all come to walk with gentle feet, strong minds and compassionate hearts in this global village.

Maggie Dent: [00:00:36] G'day i'm Maggie Dent, parenting educator, author, and champion of boys and men. And this is a special series I've put together just for you. It's called the Good Enough Dad's Guide to the Summer holidays. And today it's the guide to nailing Christmas Day. Oh, gosh, don't we have unbelievably high expectations of Christmas Day? I'm just going to get it out of the road right now that my Christmas tree has fallen over nearly every year I've ever put one up, and it's part of our ritual in the family.

Maggie Dent: [00:01:08] So I'm going to say that when we've got kids of different ages, you really need to factor how much energy have they got in their little tanks. And also how late were they up on Christmas Eve to start with, because if you've got tired kids who didn't eat breakfast, unwrapping presents ain't going to go the way you really want it to go. So I think let's be realistic um, there's chunks that take a lot of our energy and unwrapping presents, oh my gosh, it's so much fun, isn't it? So much fun. Except when they get a present they don't like, their sibling got one they really liked, or they just want to play with the last present, especially under four, and they haven't got the energy to open another one.

Maggie Dent: [00:01:49] And then sometimes they open that one and they're sad and they don't know why. It's because it's too much for little kids. So if you can stagger unwrapping presents when you've got younger children, that's a great [00:02:00] idea. Prepare them for the moment that they may not get what they want. That's incredibly important, but I think your big one so you can survive it is, what are your Christmas rituals or your Christmas traditions that you do every year that builds connection and

unity. So in our family, um, they all end up with the same pyjamas. I know it's corny, but it's kind of fun too. The second one, really, you know, do you have a game of cricket after you've had lunch, or do you always go for a swim? Or those who go to mass? Doesn't matter what it is. What do you do every single Christmas? That's a predictable experience. Make sure you keep doing that.

Maggie Dent: [00:02:44] The next one is that there can be just simply too much excitement. So every now and then in between that, you know, sometimes you unwrap presents and then you're heading off to grandparent's house for lunch. I'm going to say linger a little bit longer at home because what kids really want to do, even grown-up kids, is they just want to hang out with their new stuff and you're just basically telling them to leave it so we can go somewhere else. And that's really hard for our kids. Those transitions can be tricky, so see if you can build a good bit of time that they can play with the stuff they've just got.

Maggie Dent: [00:03:17] Also, where's the chill down time? So our kids need some chill down time. So every now and then I want you to just, you know, wherever you are having that Christmas lunch, no kids can sit around a table for long. Not even your teenagers. So let them watch Bluey, you know, let them go outside and just lay under a tree. Do anything you can to lower the energy.

Maggie Dent: [00:03:38] And then my last big tip to you is keep it simple. I know sometimes I've strived to do too much and I get really crabby. I might have burnt one of my dishes or it didn't turn out the way I wanted. And then I'm crabby. And that's not what I want on Christmas Day. So keep it simple. The KISS principle is really helpful on Christmas Day. And [00:04:00] remember, sometimes Christmas can bring out the best and the worst in us. Make sure you behave on Christmas Day and model to your children. We can behave nicely and politely and respectfully around people who we really don't agree with. So those are some of my tips for Christmas Day next week. And I'm sending you a great big, huge Maggie hug. So I hope if your tree falls over, you'll now know you've just joined my elite group and I'll give you my Good Enough Dad's guide to New Year's resolutions soon. But until then, have a good enough Christmas.